Better Attitudes & Skills in Children

A Collection of Anger Management/Impulse Control Activities & Lesson Plans (PreK-3rd grade)

Provided by Project B.A.S.I.C. Child Development Specialist,

&

Child Care Consultation Staff

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SHOUT
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IT

Anger Management and Impulse Control Activities and Lesson Plans

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What Can You Do to Calm Down? List of Ideas to Calm Down

First the rules!

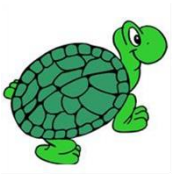
1. You can't hurt yourself
2. You can't hurt others
3. You can't hurt anyone's stuff
4. You have to follow the rules (this means different things for different teachers, so it will need to be taught!)

Note – clip art throughout materials can be copied and enlarged to use as visuals.

- Be like Tucker Turtle and Take Time to Tuck and Think

  Tucker Turtle Takes Time to Tuck & Think Spanish Version

  When Tucker Turtle Gets Too Excited Spanish version



- Walk away

- STOP – THINK before you speak!
  - **T** – Is it True?
  - **H** - Is it Helpful?
  - **I** – Is it Inspiring?
  - **N** – Is it Necessary?
  - **K** – Is it Kind?

- Take 3 deep breaths

- Draw a picture of how you feel
- Draw a picture of what you are angry about

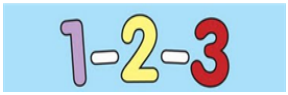
- Do something physical
  - Run in place
  - Jumping jacks
  - Wall push-ups

  - Sit-ups
  - Punch a pillow
  - Skip rope

- Crumple or rip up scrap paper

- Yell loudly outside
- Hug a pillow or stuffed animal

- Count backwards, forwards or by different numbers to 10, 25, 50 or more and in different ways!



- Get a grip….squeeze a stress ball or make and release fists

- Tell yourself to Chill Out! Think of cold things!

- Take a seat (sitting causes your body to relax)

- Blow bubbles

- Body Relax- relax your body from head to toe, one part at a time
- Take a break - do something else

Use the Four Finger Technique to Calm Down

- Take Four deep breaths and exhale slowly 4 times
- Count by 4s to 100
- Name four:
    - Feelings
    - Animals
    - Favorite Foods
    - Favorite Games
    - Flowers
    - TV shows
    - Songs
    - Things you like about yourself
- Do four:
    - Jumping Jacks
    - Wall Push-ups
    - Jump up and downs
- Draw/Write 4:
    - Ways to calm down
    - Feeling faces
- Give yourself 4 compliments

Angry Visuals: Balloons, Volcanos, and Corn

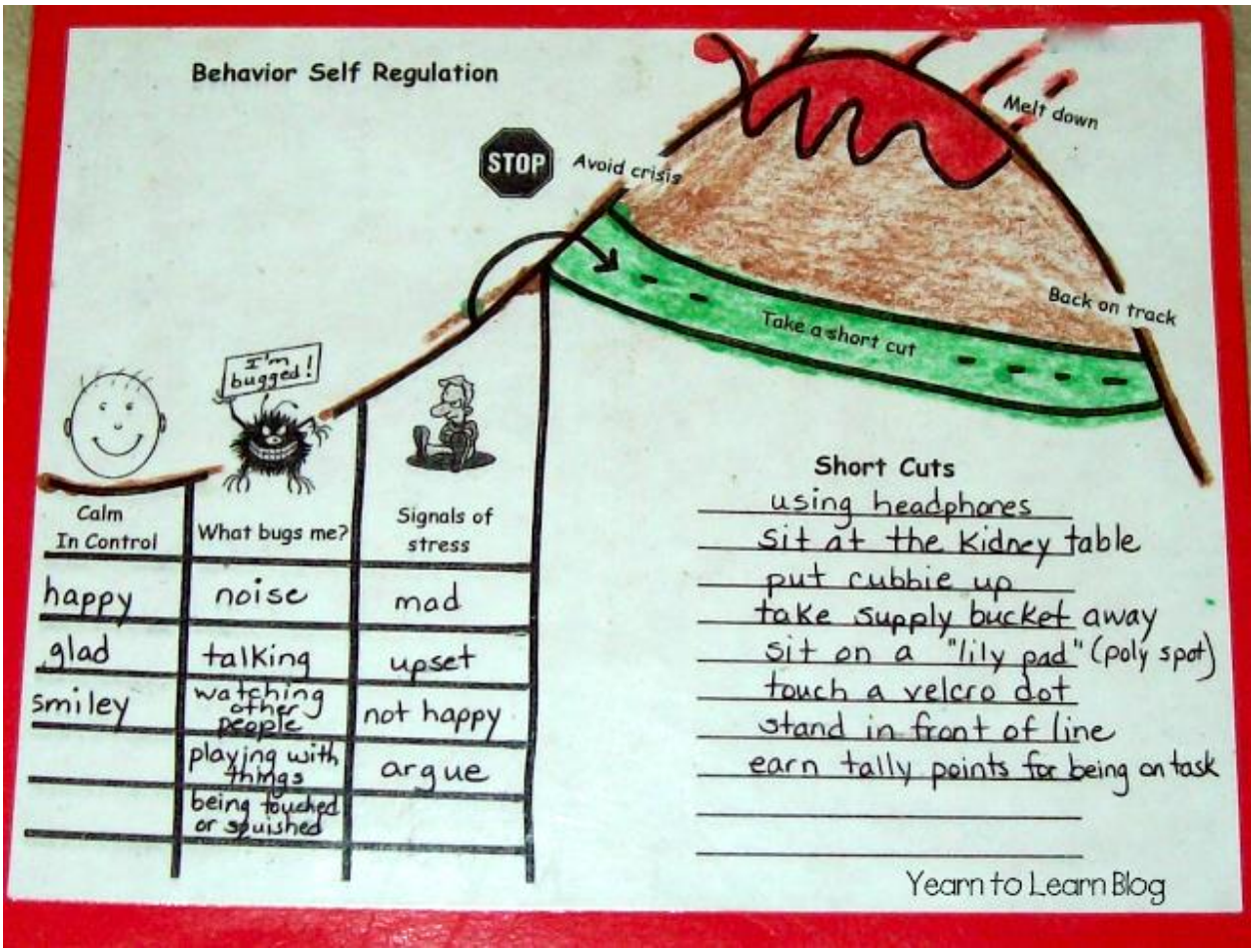
- A Balloon filling up with too much air.

-Talk to children about how it feels inside when you start to get angry.

-Use a red balloon as a visual, describe the beginning of getting upset, and blow air into the balloon, continue describe how it feels as you get progressively more upset, leading to anger and add more air to the balloon. Ask what will happen if we keep blowing air into the balloon? Compare the "popping" of the balloon to what happens if we get too angry that we can't control our actions. (If we "pop" could hit someone, yell or scream or throw something).

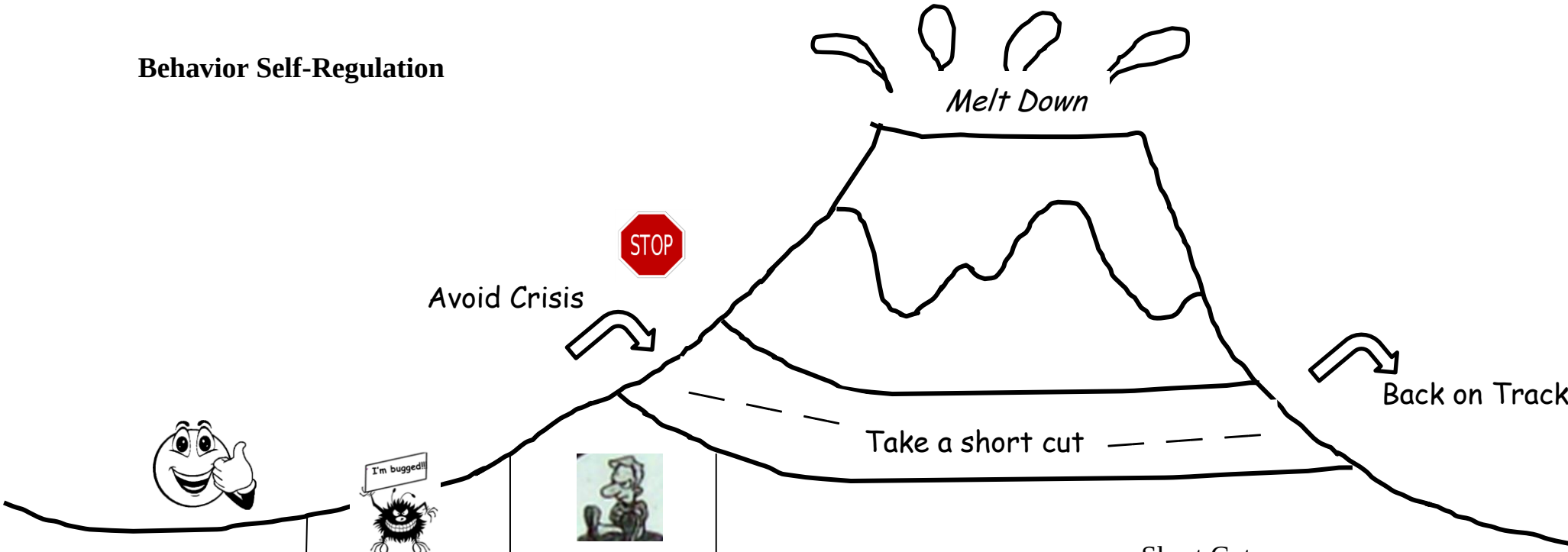
- Blow up a blue balloon, until at stress point, ask children about ways to calm down when we get upset or angry, with each response let air out of balloon and share that we can manage our feelings in many ways.

- Volcanos Let Off Steam-Using visuals of a volcano, explain how volcanos give warnings before erupting (steam or earthquakes). Discuss the signals our bodies send when we get upset or angry.



http://yearn4learning.blogspot.ca/2012/04/behavior-volcano.html

Behavior Self-Regulation



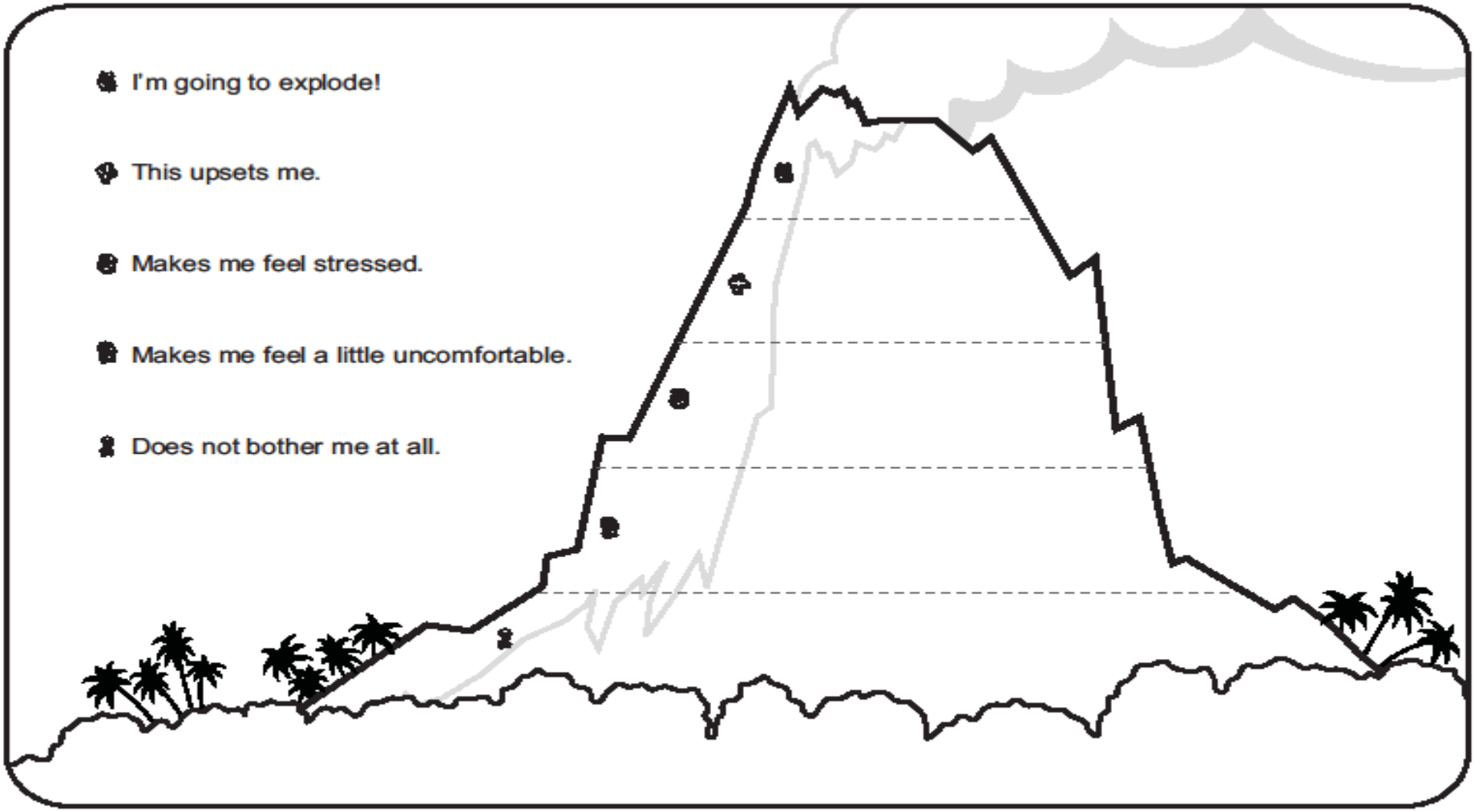
Calm in Control	What bugs me?	Signals of Stress

Short Cuts

http://yearn4learning.blogspot.ca/2012/04/behavior-volcano.html

Volcano Scale - My School Triggers

Name: _____



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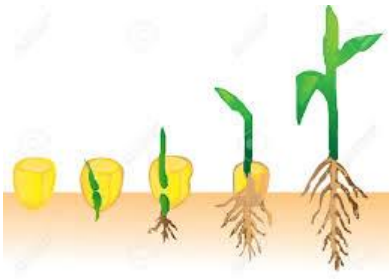
- Corn – Using the life cycle of a corn plant as a visual, show how taking care of the seed, seedling and growing plant will grow corn that is edible. But if corn is not taken care of, it does not have sun, water, or fertile soil it will not grow into corn to eat or if worms get into the corn, it can't be eaten. Compare this to people, by being able to have self-control and stay calm when you are angry you will be able to handle things that upset you. But if you can't calm down when you get angry, and get in trouble for hurting other people or things or yourself then others will not want to be around you.



Tucker Turtle Puzzle!

Targeted Social Emotional Supports: Teaching Anger Management and Problem Solving Skills

All children can use your help to learn social- emotional skills.

Before children can learn to problem solve, they must learn to control anger and impulses. This involves three concepts:

1. Recognizing when they are angry and recognizing when others are angry.
2. Knowing how to calm down.
3. Expressing anger in appropriate ways.

The turtle technique was originally developed to teach adults anger management skills and later was successfully adapted for school-age children (Schneider, 1974). Since then, the turtle technique has been adapted and integrated into social skills programs for preschoolers (Kusche & Greenberg, 1994, Webster- Stratton, 1990).

Tucker Turtle Puzzle!

After reading the scripted Tucker Turtle Story, the attached puzzle can be used as a follow-up at home or in the classroom. Have children glue the puzzle on card stock and then cut out the puzzle on the black lines. (If using the black-lined Tucker Turtle, have children color it before gluing on to the card stock) After the children complete the puzzle you can talk to them about Tucker and the steps he uses to calm down.

Make your own puzzles!

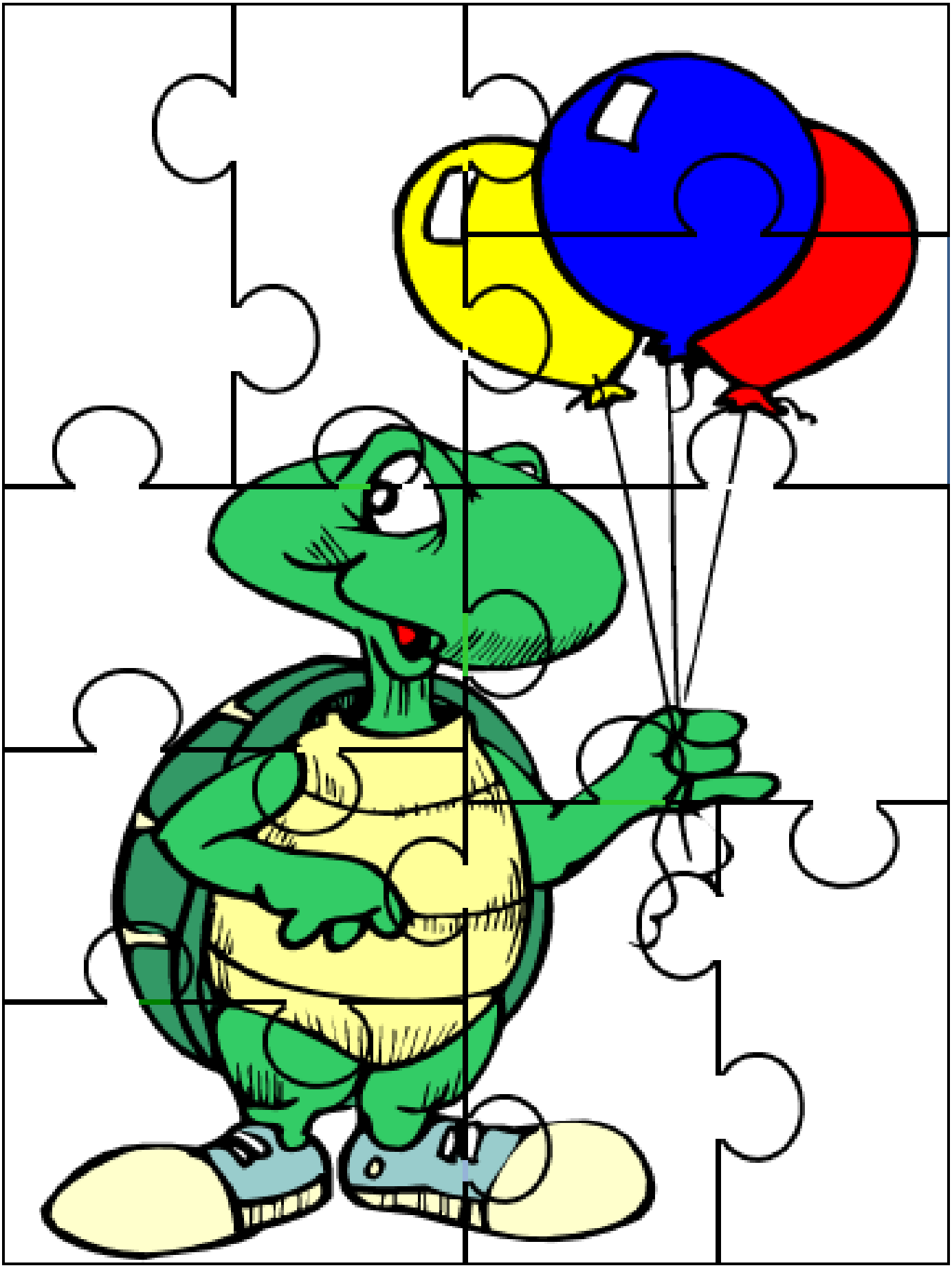
Materials needed:

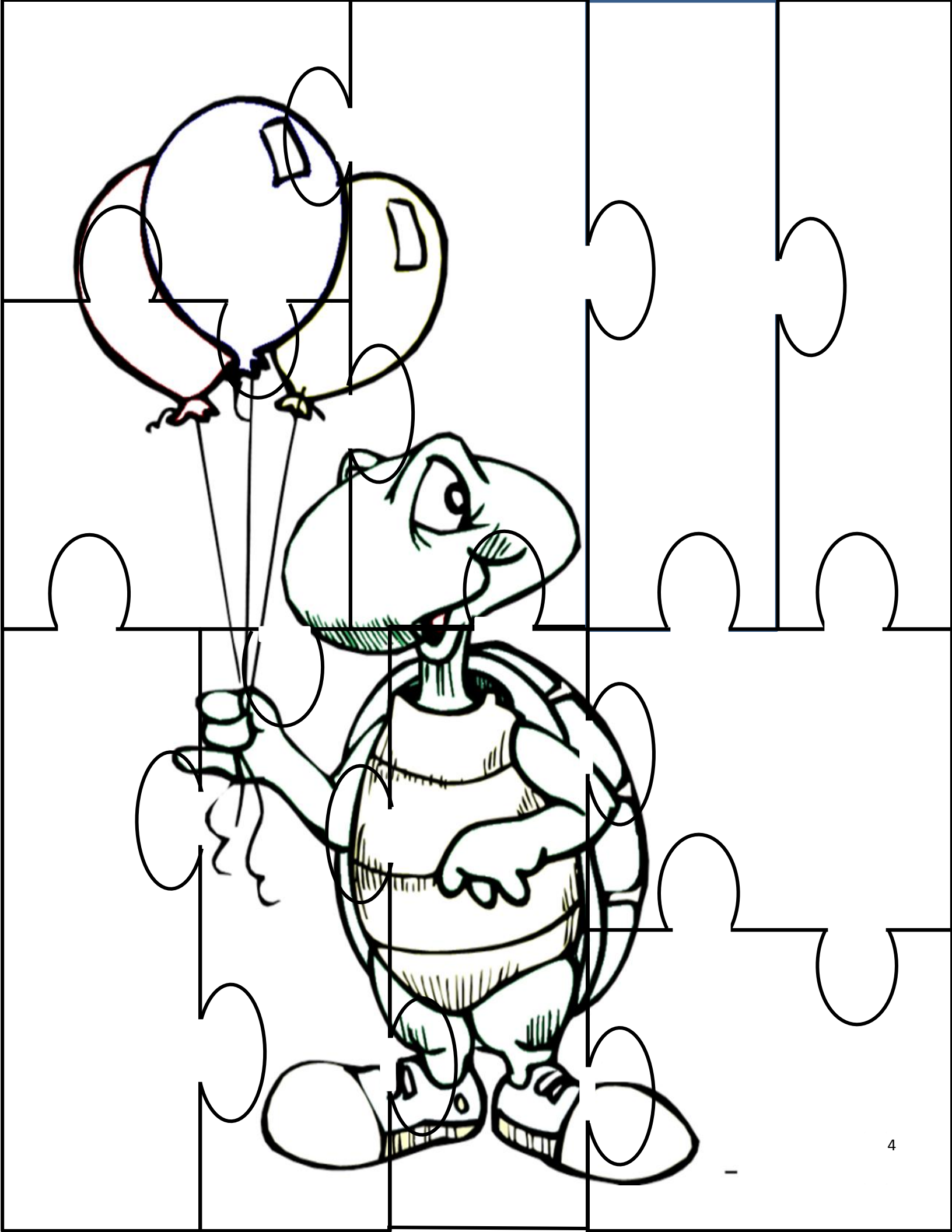
- Picture (clip art works as well as coloring book pictures) you would like to create into a puzzle
- A way to scan picture to your computer or copy picture on a piece of paper
- Computer with a paint program or Microsoft Word and a printer
- Marker, Scissors, Glue, Card Stock

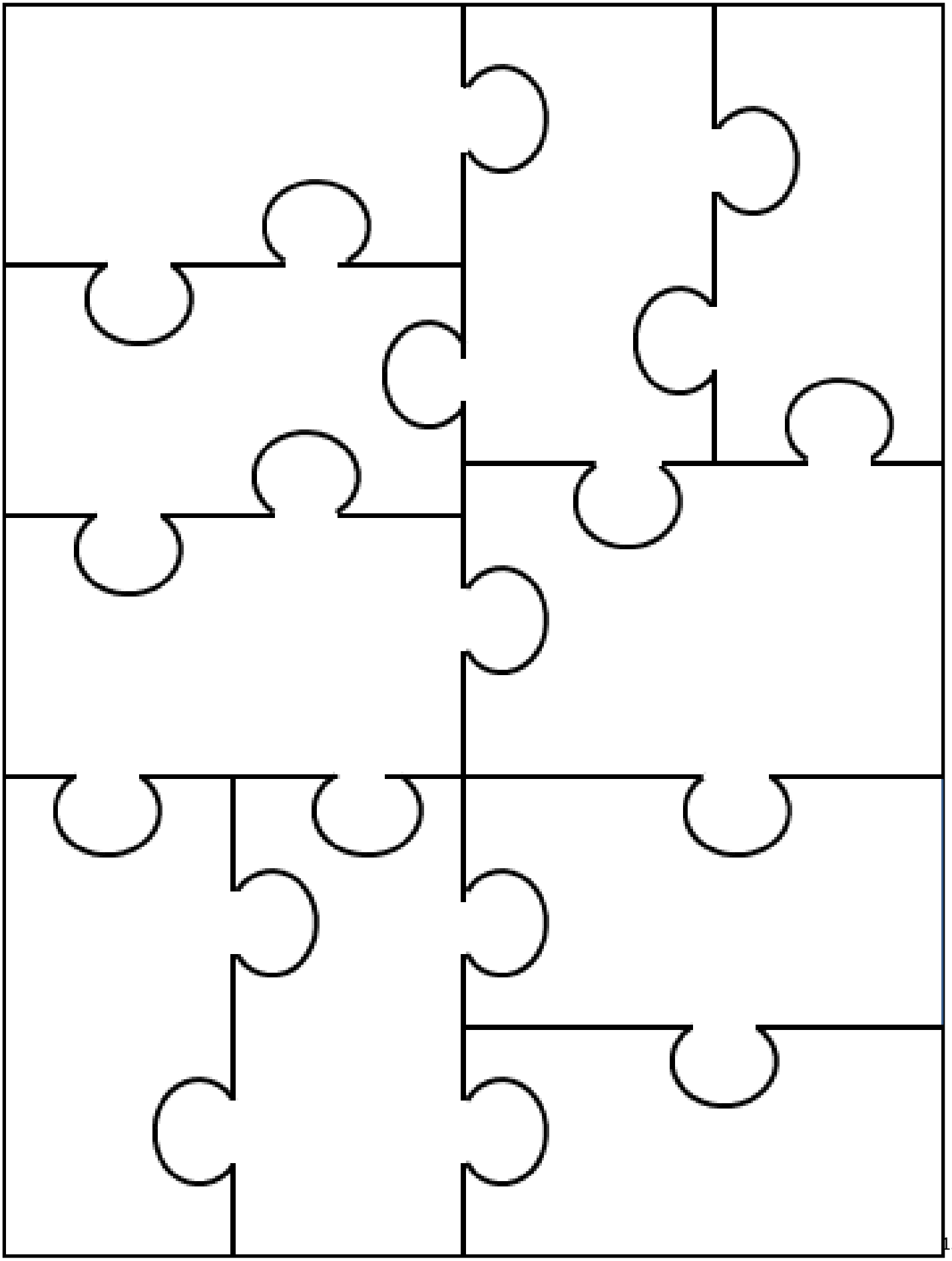
Process:

- Scan picture to your computer, or use clipart picture already on computer, or use a hard copy of the picture (without the computer)

- For the hard copy puzzle, make your own pieces with a dark marker and it is ready to use
- For the computer process, create a word document and insert your picture
- Click on insert shape and cover the picture with connected shapes (Tucker was done with a rectangle and a half circle)
- Click on picture tools at the top of the screen and click on shape fill and click on no fill (this will allow your picture to be visible under the lines) Keep the outline color a dark color)
- Once you have created the puzzle lines print. Let the children make the puzzle.







Tucker Turtle Color by Numbers!

After reading the scripted Tucker Turtle Story, the attached color by number sheet can be used as a follow-up at home or in the classroom. Have children color Tucker Turtle by matching numbers to colors. After the children complete the coloring you can talk to them about Tucker and the steps he uses to calm down.

Make your own color by numbers (or letters) pages!

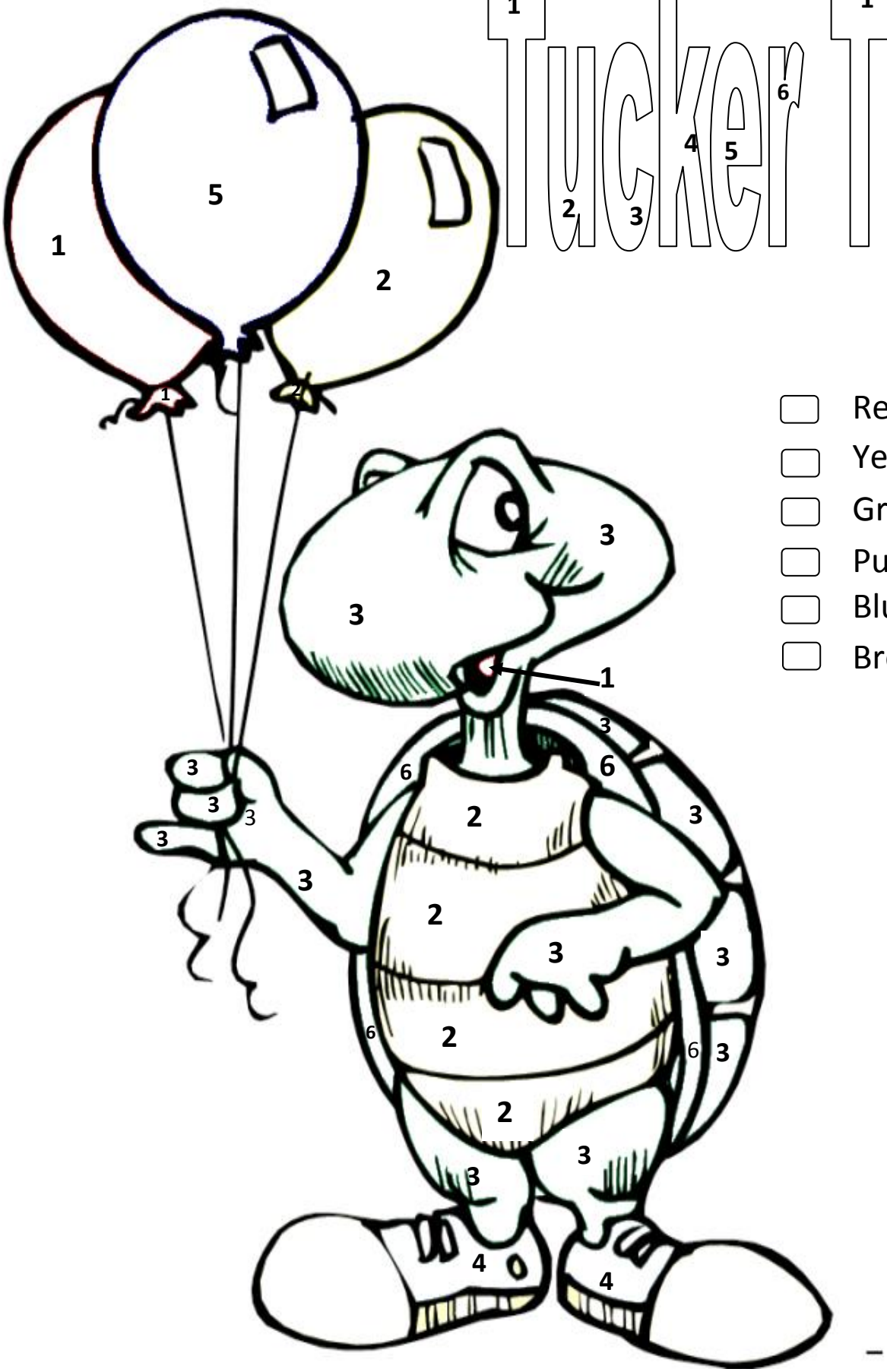
Materials needed:

- Picture (clip art or character from scripted story or an object or already created coloring sheets)
- Printer to print completed coloring sheets
- Microsoft software (or similar) Paint (to remove color if needed) or you can use a website like the following: http://mycoloringbook.keasoftware.com/coloring-book-extras/82-resources/112-my-coloring-book-editor.html
- Microsoft word or similar software to insert boxes for numbers or letters and colors

Process:

- Draw, copy or find a picture of your choice (Super Friend works also)
- Scan picture to your computer, or use clipart picture already on computer
- If needed go to a web site and create the coloring page or use Microsoft Paint software or similar to remove to remove color
- Create a color key by inserting small boxes in a text box and add the numbers/letters and colors needed for the picture
- Click on insert a text box and make a small box, just enough to place a number in.
- Copy the text box and place in sections of the picture, matching with your key the needed colors (make sure there is not an outline for the text box, which you can remove by clicking no outline in text tools box)
- Print and have your children color your creation

Tucker Turtle



- [ ] Red 1
- [ ] Yellow 2
- [ ] Green 3
- [ ] Purple 4
- [ ] Blue 5
- [ ] Brown 6

Tucker Turtle Coloring Pages!

After reading the scripted Tucker Turtle Story, the attached coloring sheets can be used as a follow-up at home or in the classroom. Have children color Tucker Turtle. After the children complete the coloring, you can talk to them about Tucker and the steps he uses to calm down. (Tucking Turtle will be black and white when printed)

Make your own coloring pages!

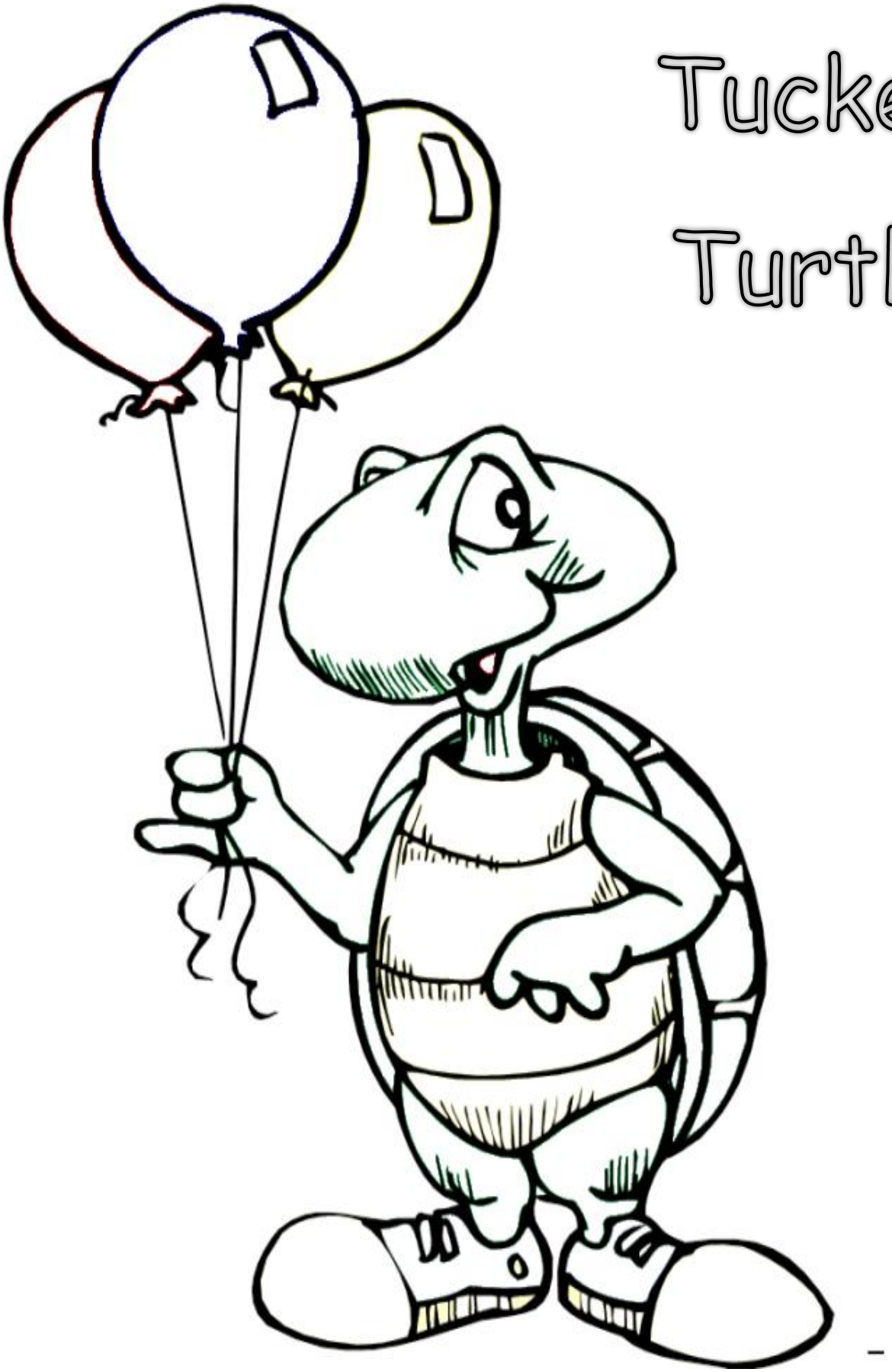
Materials needed:

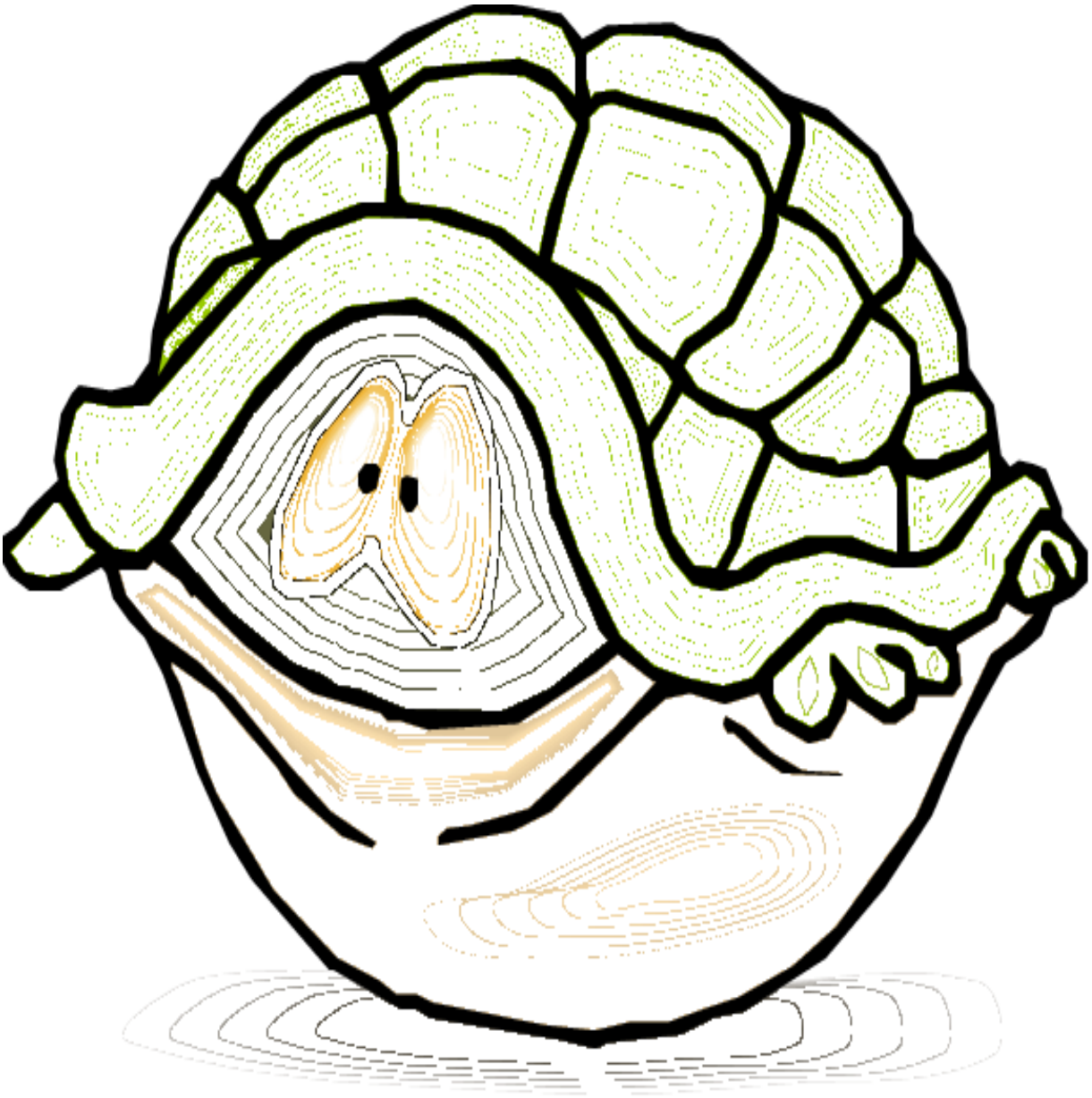
- Picture (clip art or character from scripted story or an object)
- Printer to print completed coloring sheets
- Microsoft software (or similar) Paint (to remove color if needed)
- Website software (free) to create your own coloring pages from your pictures: http://mycoloringbook.keasoftware.com/coloring-book-extras/82-resources/112-my-coloring-book-editor.html

Process:

- Draw, copy or find a picture of your choice (Super Friend works also)
- Scan picture to your computer, or use clipart picture already on computer
- Go to web site and create the coloring page or
- Use software on your computer to remove color
- Print and have your children color your creation

Tucker Turtle





Tucker Turtle Takes Time to Tuck and Think

Tucker Turtle Dot to Dot!

After reading the scripted Tucker Turtle Story, the attached dot to dots can be used as a follow-up at home or in the classroom. Have children connect the dots (either 1-30 or 1-60…too hard/too easy? See below) and color Tucker Turtle. After the children complete the dot to dot you can suggest teachers or parents to ask them to tell them about Tucker and the steps he uses to calm down.

Make your own dot to dots!

Materials needed:

- Picture (clip art or character from scripted story or an object)

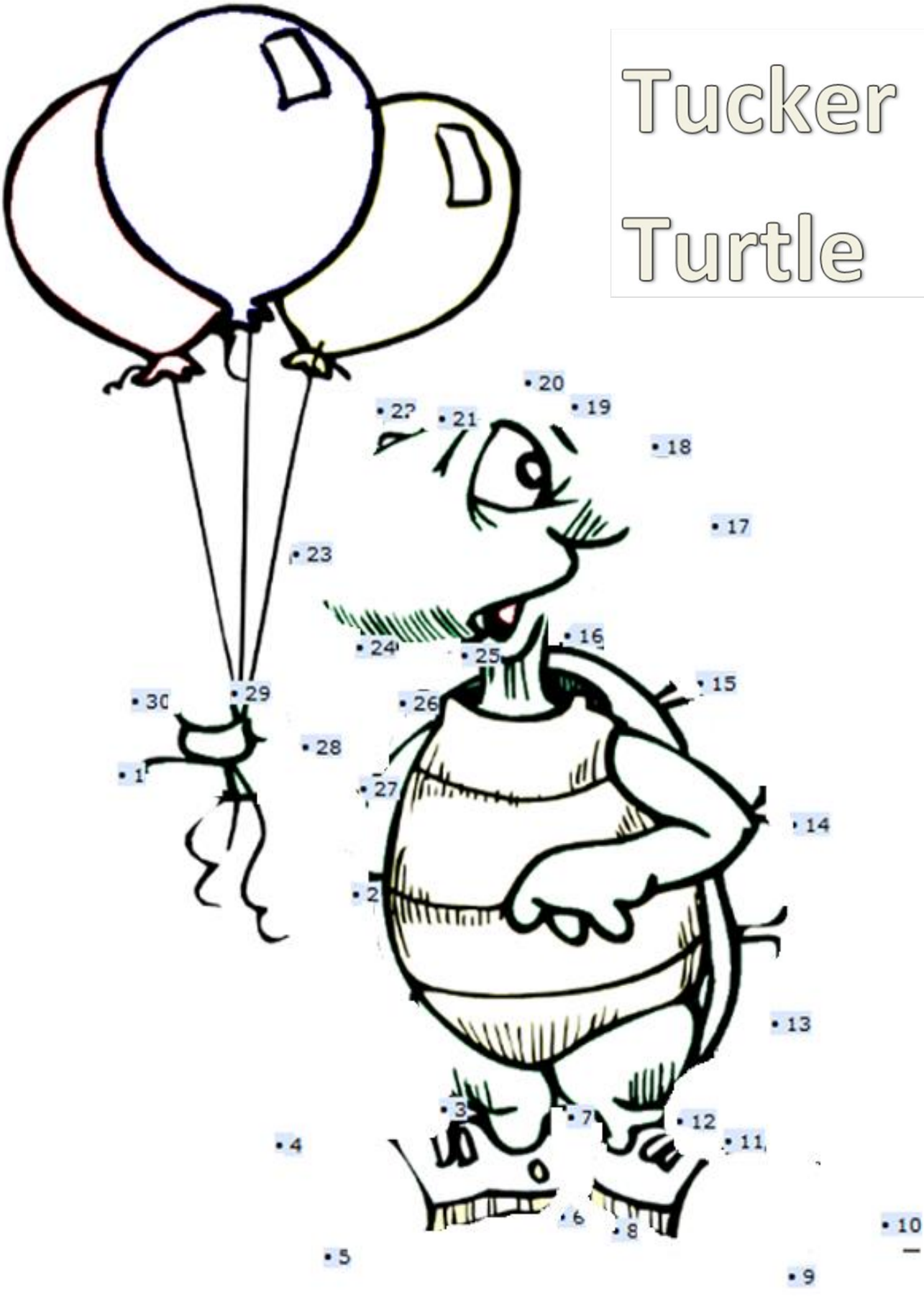
The follow web site creates dot to dots from your picture:
www.picture**dots**.com/make/makePuzzle.html

- Printer to print completed dot to dot

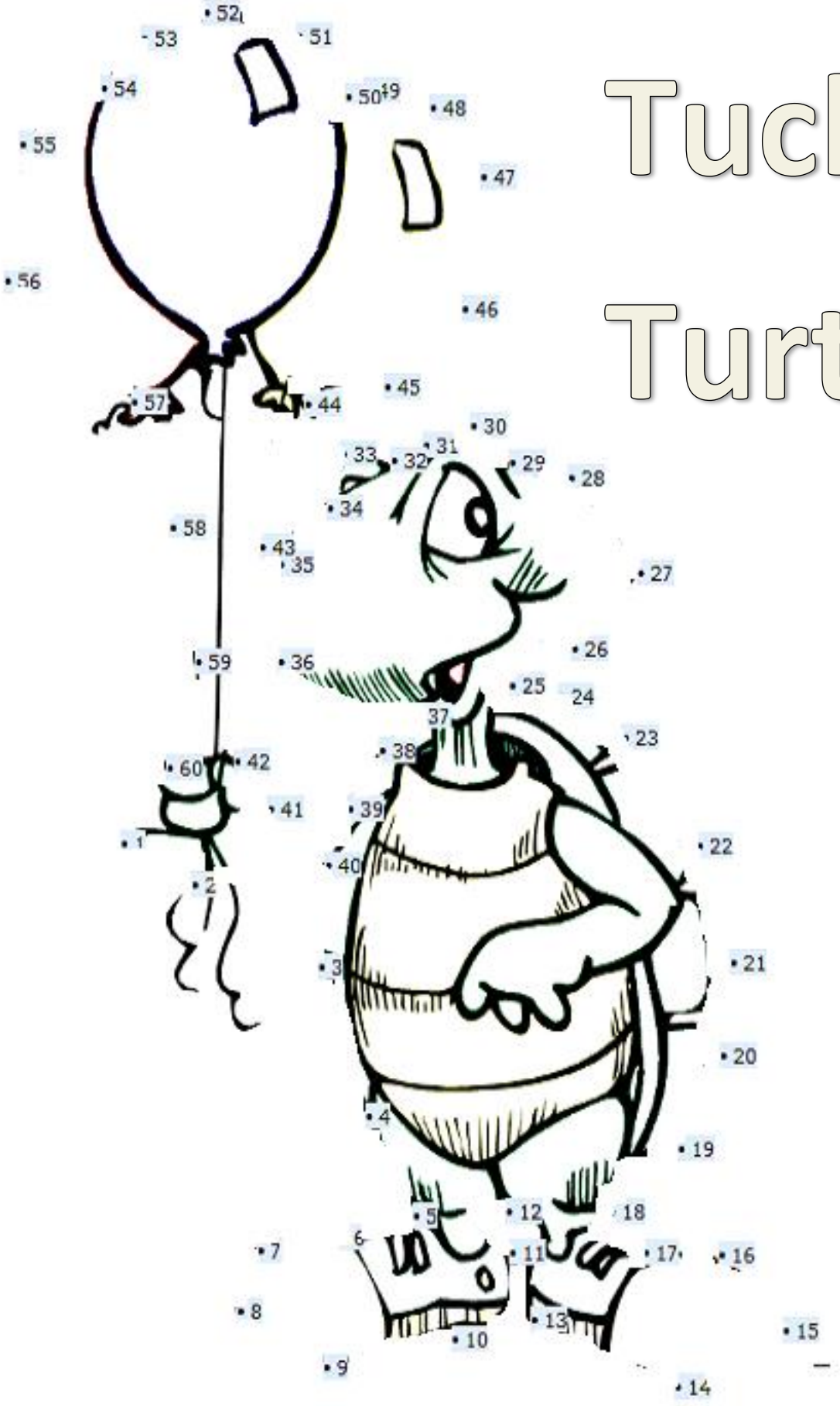
Process:

- Draw, copy or find a picture of your choice (Super Friend works also)
- Scan picture to your computer, or use clipart picture already on computer
- Go to web site and create the dot to dot
- Print and have your children complete and color

Tucker Turtle



Tucker Turtle



Tucker Turtle Crossword Puzzle

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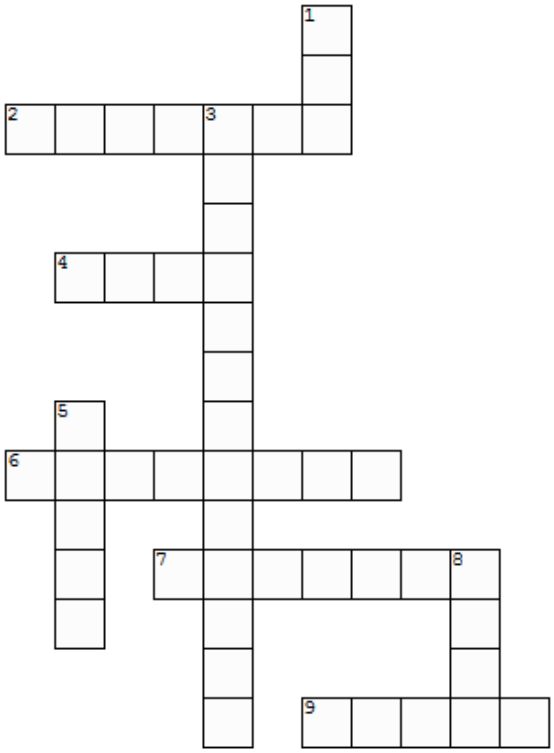
After reading the scripted Tucker Turtle Story, the attached crossword puzzle can be used as a follow-up at home or in the classroom. Review the story by using the words within the crossword puzzle.

Make your own crossword puzzle:

Check out this link, http://worksheets.theteacherscorner.net/make-your-own/crossword/

Tucker Turtle Crossword Puzzle

Complete the crossword below



© TheTeachersCorner.net Crossword Maker

tucker turtle | mad | stop | tuck | solution | happy | excited | friends | count

Across

2. A feeling Tucker has when he really really wants to do something.
4. Get in my shell to breathe and calm down.
6. Think of many of these to try to solve a problem.
7. People who you like to play and talk to at school.
9. How Tucker's friends feel when he remembers to think like a turtle.

Down

1. A feeling that makes me want to hit, kick or yell.
3. I take time to tuck & think.
5. Tucker does this '1, 2, 3,' when he calms down.
8. Tell yourself this if you are getting mad and want to hit a friend.

http://worksheets.theteacherscorner.net/make-your-own/crossword/

Tucker Turtle Puppets

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After reading the scripted Tucker Turtle Story, the attached Tucker Turtle puppets can be made by the children at home or in the classroom. They can be used to act out the story as it is read.

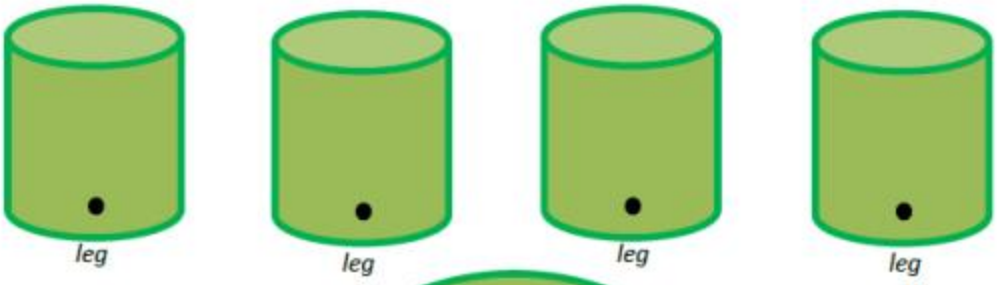
Puppet 1: Copy and cut out puppet pieces from cardstock. Follow the directions on the page to make Tucker Turtle puppet whose head tucks into his shell by sliding in.

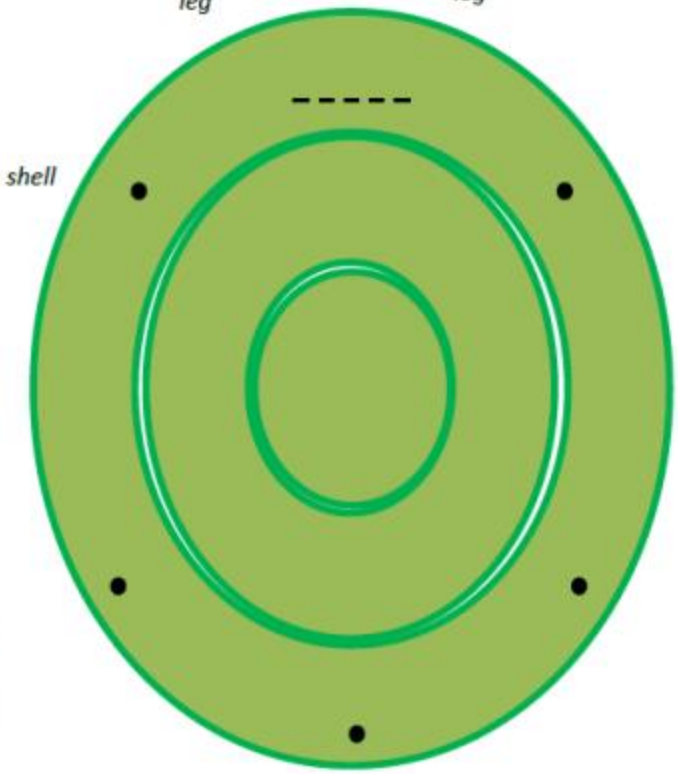
Puppet 2: Copy and cut out puppet pieces from cardstock. Use a paper/plastic plate (this can be painted green by the children or use a purchased green plate). Attach legs & tail to the plate. Attach the head to a popsicle stick and make a slit in the plate wide enough for the head to tuck into the “shell”.

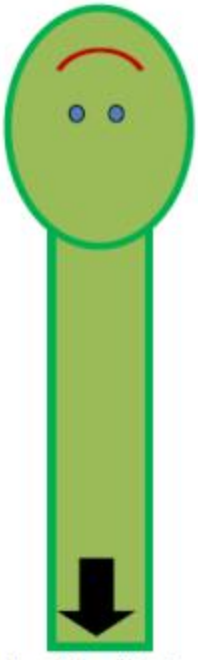
Puppet 3: Using a green plastic spoon as the head of Tucker, have children color and cut out shapes. Glue each piece to one small paper plate. Staple or glue edges of paper plates together leaving a place for the plastic spoon head to slide into the body. Have children add eyes to the back of the spoon.

Tucker Turtle Puppet

Tennessee
CSEFEL Pyramid Model Partnership
Promoting Social Emotional Competence in Tennessee's Young Children



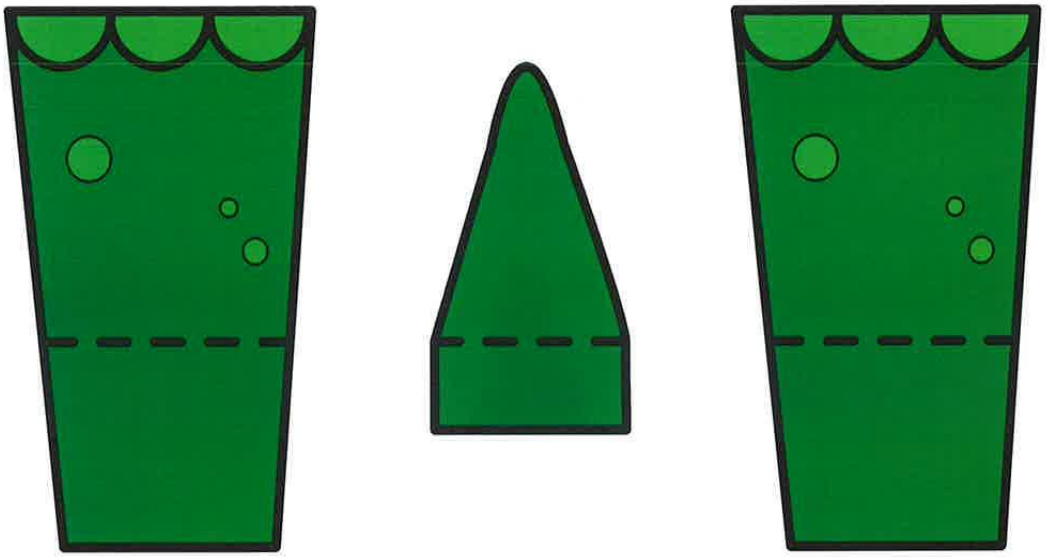




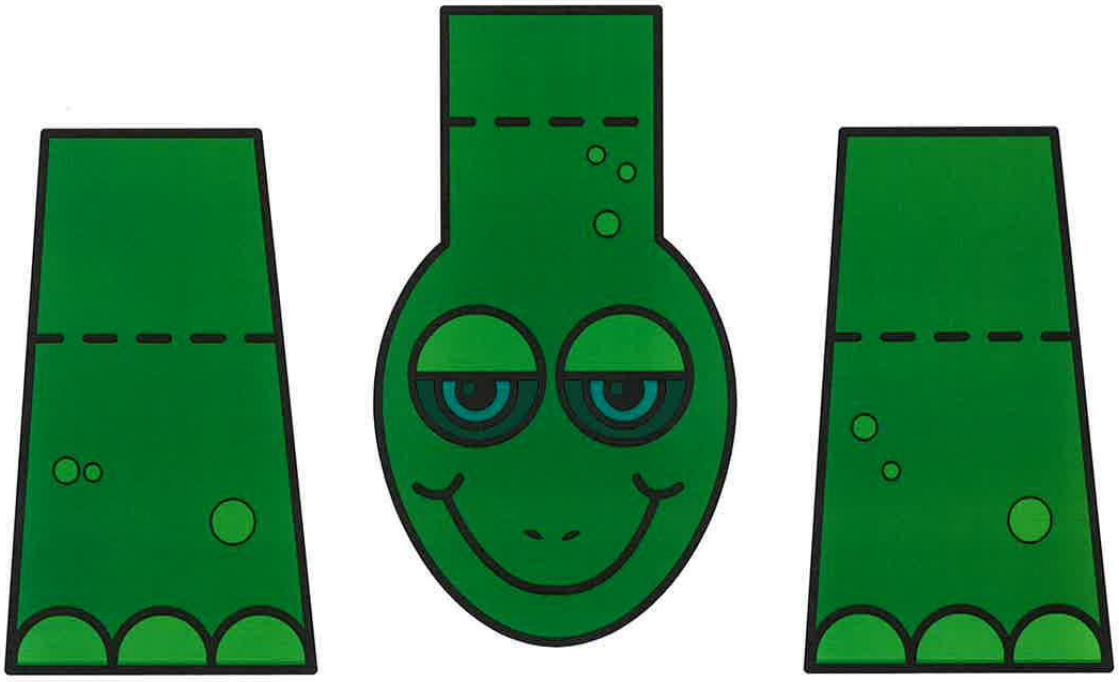
You Will Need:

- **Scissors**
- **5 metal brads/fasteners**

Cut out all pieces along outside edge, and along dashed line on the shell. (Cut only dashed line. Do not cut all the way across the turtle shell.) Attach legs and tail with fasteners at black dots. Insert tab attached to head from under the shell, with tab extending on top of shell, so that head peeks from under shell. Pull & push tab gently to help Tucker "tuck" into his shell.



TURTLE TECHNIQUE

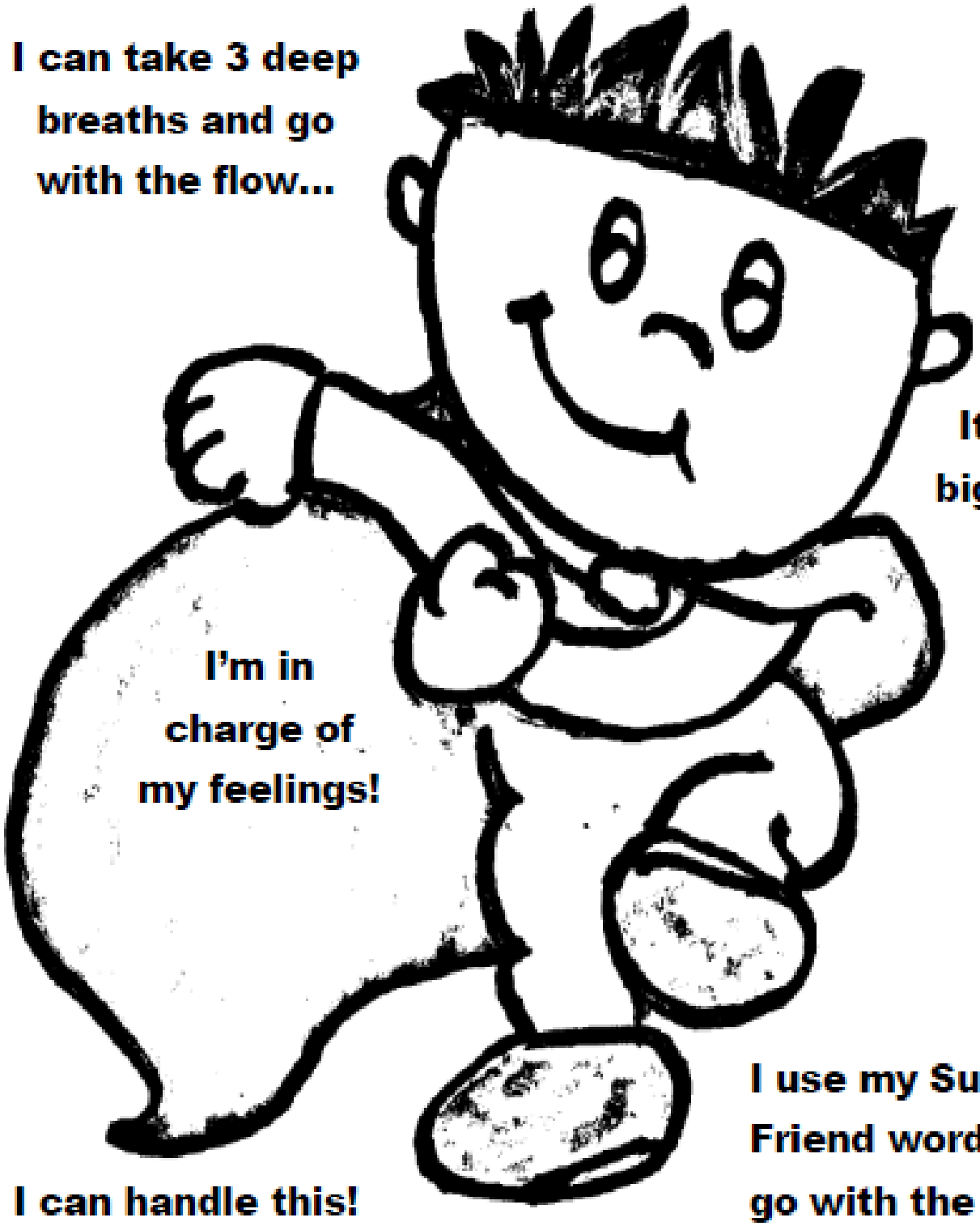


Super Friend Using Words to Calm Down

I can take 3 deep breaths and go with the flow...
It's no big deal!
I'm in charge of my feelings!
I use my Super Friend words and go with the flow!
I can handle this!

I can use my Super Friend powers!

I can take 3 deep breaths and go with the flow...



It's no big deal!

I'm in charge of my feelings!

I use my Super Friend words and go with the flow!

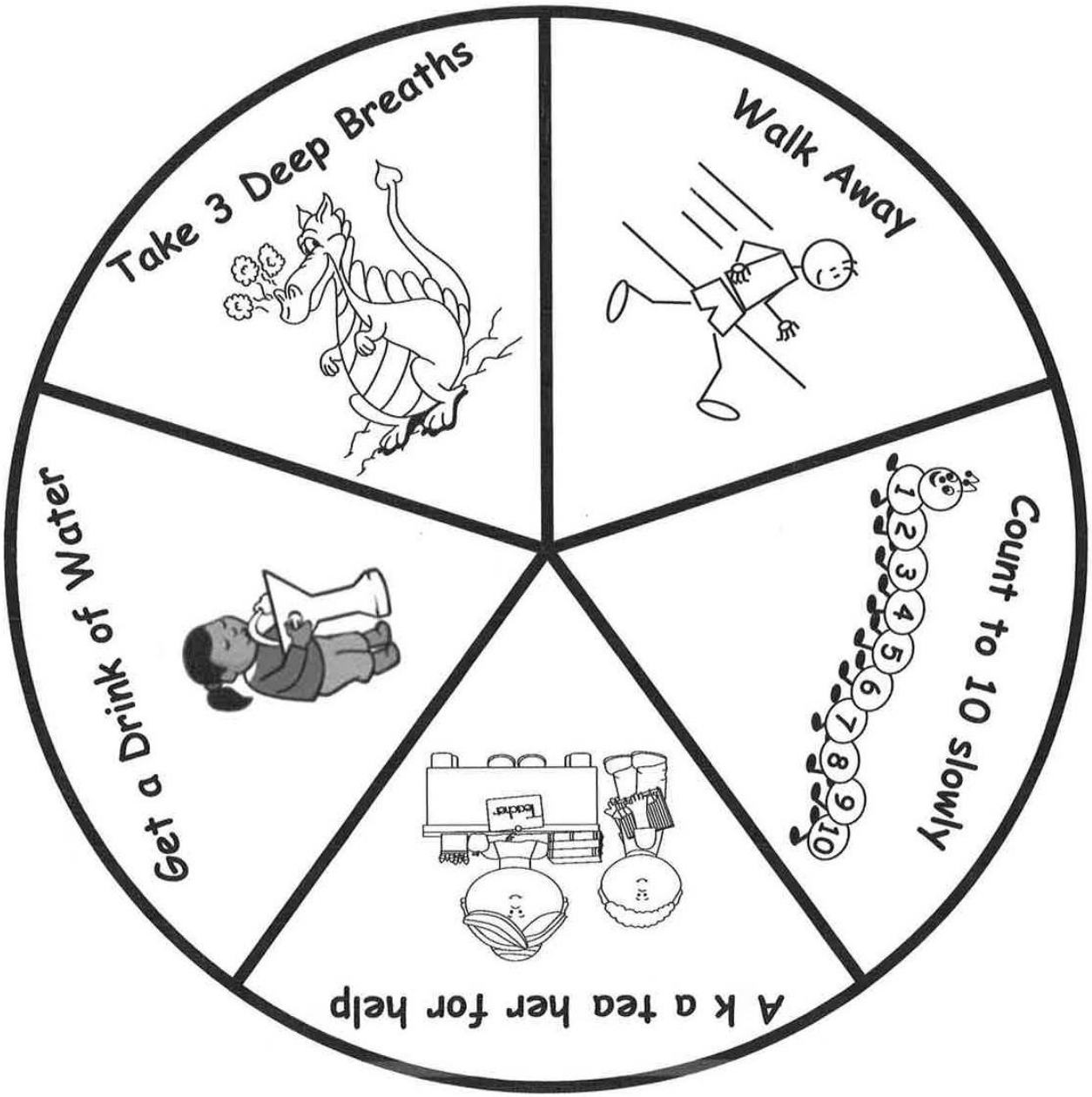
I can handle this!

I can use my Super Friend powers!

Cool Down Choices Wheel

Cool Down Choices Wheel

Name: _____



Making and Using Sensory Bottles

Making and Using Sensory Bottles

- Wash bottles and remove all labels.
- Fill bottles with a variety of solid and liquid materials.
- Securely glue the bottle caps onto the bottles.
- Cover the caps with a strong tape.
- Make collections of bottles available to toddlers on shelves or in a basket or other container.
- Guide toddlers in safe use of the bottles with comments such as, "Tamisha, try rolling the bottle instead of throwing it." Redirect toddlers to throw safe objects such as socks into a plastic basket.
- Observe toddlers as they experiment with the bottles. Invite them to experiment with the bottles with comments such as, "Margaret, when you shake the bottle the stars move."
- Sanitize bottles after toddlers play with them.
- Be creative as you experiment with making different sensory bottles.

Shiny Bottle

- Fill a bottle with shiny objects such as sequins, beads and satin ribbon, leaving enough space so that objects will move when toddlers shake or roll the bottle.
- Glue on the bottle cap and cover the cap with strong tape.

Confetti Bottle

- Put several spoonfuls of confetti in the bottle.
- Add water and food coloring.
- Glue on the bottle cap and cover the cap with strong tape.

Creepy Crawly Bottle

- Pour 1/3 cup of clear corn syrup in the bottle.
- Add red and yellow food coloring.
- Drop in several plastic spiders and/or fishing worms.
- Glue on the bottle cap and cover the cap with strong tape.

- **Wave Bottle**
  - Fill bottle 2/3 full with water.
  - Add several drops of food coloring to the water.
  - Fill the bottle to the top with vegetable oil or mineral oil.
  - Glue on the bottle cap and cover the cap with strong tape.

- **Crayon Shavings Bottle**
  - Make crayon shavings with a crayon sharpener or grater.
  - Put several tablespoons of crayon shavings in the bottle.
  - Fill the bottle to the top with water.
  - Glue on the bottle cap and cover the cap with strong tape.

- **Confetti and Crayon Shavings Bottle**
  - Make crayon shavings with a crayon sharpener or grater.
  - Put confetti and crayon shavings in the bottle.
  - Fill the bottle to the top with colored water.
  - Glue on the bottle cap and cover the cap with strong tape.

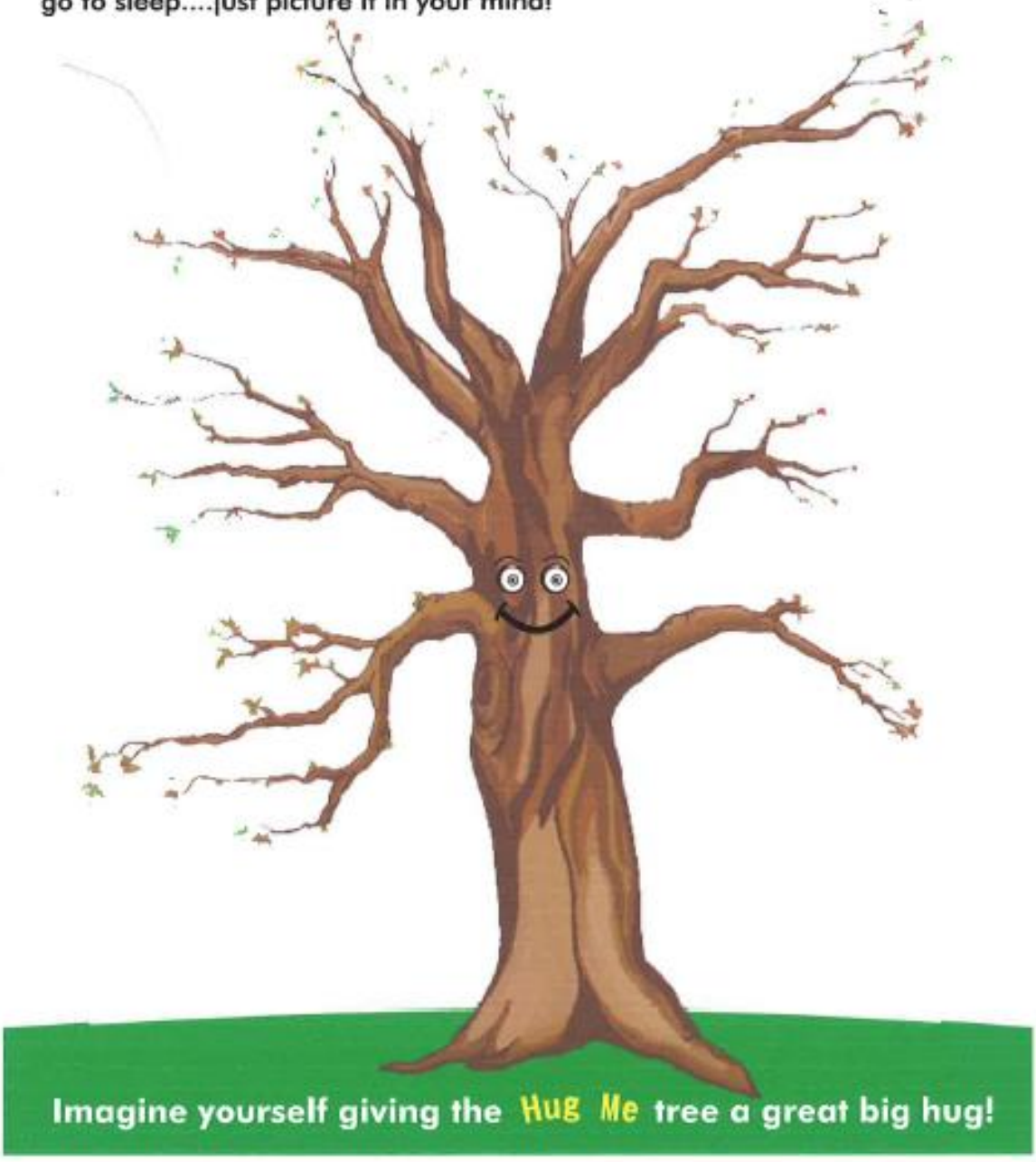
- **Star Bottles**
  - Add color hair-setting gel to bottle, leaving about 2" of air space.
  - Add a small package of confetti star shapes in the bottle and shake to combine with gel.
  - Glue on the bottle cap and cover the cap with strong tape.

Safety Note: *Check the bottles each day to make sure the bottle cap is securely glued and taped on the bottl*

Letting Go of Worries – the Hug Me Tree

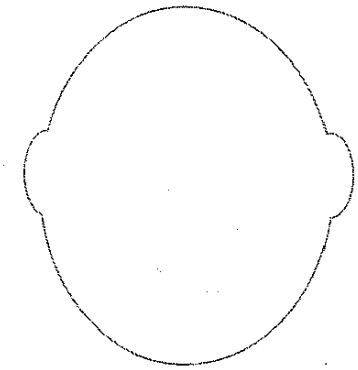
Letting Go Of Worries

Imagine that there is a tree called the **Hug Me** tree. It is so big and has so many branches that it can take away all your worries for you. Draw or write about any worries you might have and hang them on the branches. You can use the Hug Me tree at night to hang up your worries before you go to sleep....just picture it in your mind!



Anger Map

What kind of face do you have when you are angry?



What things do you say when you are angry?

How do you behave when you're angry?

_____

_____

_____

_____

_____

_____

What happens to your body when you're angry?

Other ways I can handle my anger:

What could your anger help you to achieve?

Have you learned anything about your anger?

What helps you when you are angry?

The M & M Anger Game

The m&m's ANGER Game

For every m say one thing that makes you angry.

For every m show us how to breathe when you are angry.

For every m show us one calm down corner activity.

For every m say one thing that makes you excited.

For every m say one poor choice you made when angry and what you could have done different.

For every m say good choice you made when you were angry

Don't Flip Your Lid

- Ask children to tell you what they think Don't Flip Your Lid means. If the children are not familiar with the expression explain:

*When someone says "**Don't Flip Your Lid"** it means don't lose control or freak out when you get mad. We are going to learn new ways to deal with our anger so you **Don't Flip Your Lid** when you get angry.*

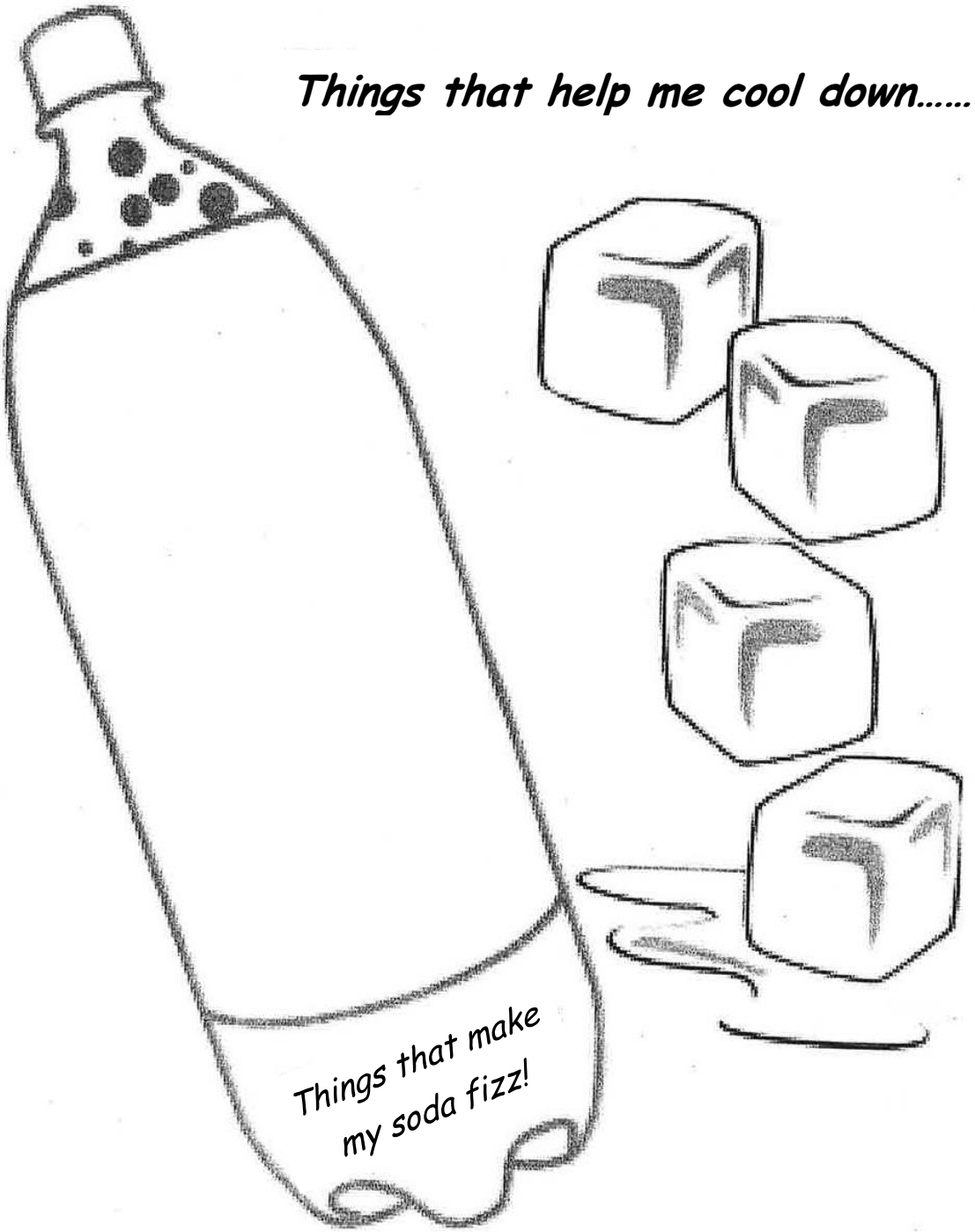
- Each child (or the class) can have a prop box with visual reminders for different ways to help deal with their angry feelings in ways that won't make them ***Flip Your Lid. (See list below)***

Lowenstein, L. (2002). *More creative interventions for troubled children & youth*. Champion Press.

Anger Management
TECHNIQUES AND PROPS

Anger Management Techniques	Props
Turtle technique (pull head in toward body)	Miniature turtle, turtle sticker, or drawing of turtle
Count backwards	Sand timer, or written direction that reads: Count backwards from 25
Get a grip	Tension ball or written direction that reads: Tense then relax your fists
Exercise	Skipping rope or written direction that reads: Do ten jumping jacks
Four Breathing (breathe in for four seconds, hold breath for four seconds, let it out for four seconds)	A picture of the number four
Say and think STOP!	Photo or drawing of a stop sign
Tell yourself to chill out!	Ice pack or written direction that reads: Chill out!
Visualize a proud moment	Memento or written description of a personal achievement
Have a seat (sitting down causes the body to relax)	Chair from doll house set or written direction that reads: Have a seat
Chew gum (this repetitive motion helps self-soothe)	Gum

Don’t Be A Soda Pop Head!! Control Your Fizz!



Safe Ways to Release Anger

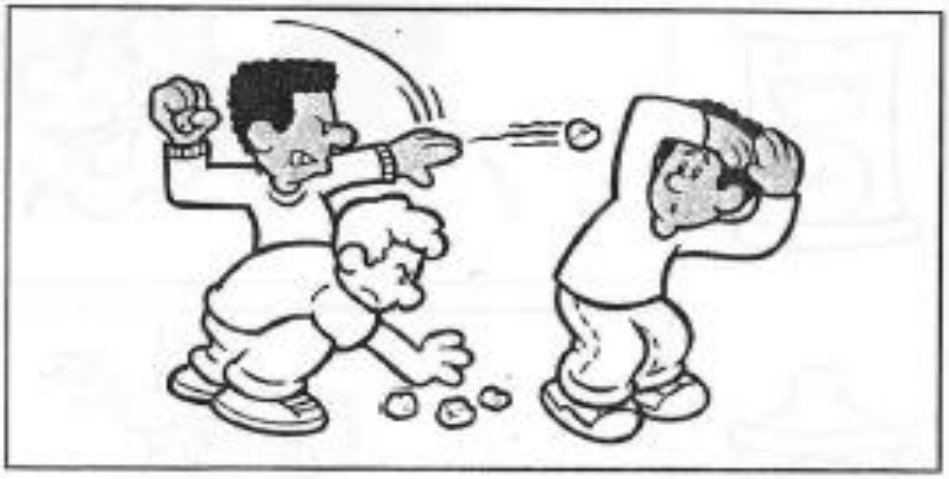
Area 2: Safe Ways to Release Anger

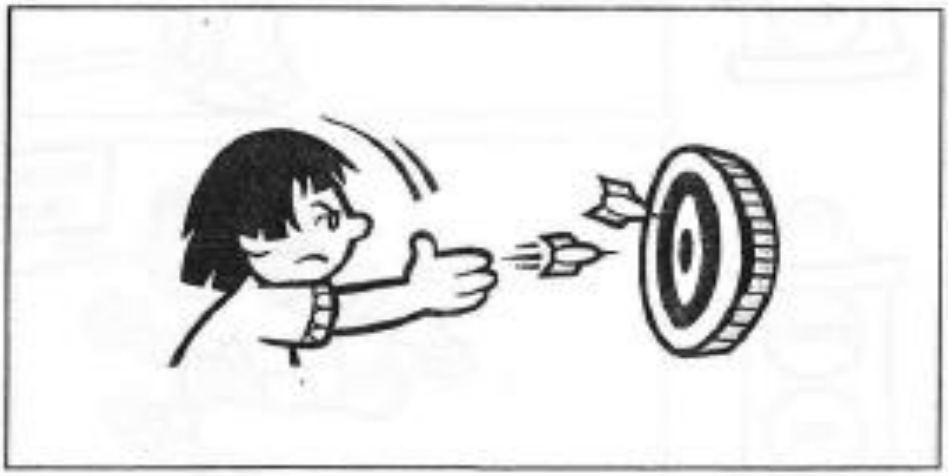
Activity: Safe and Harmful

Objective: To learn there are both safe and harmful ways to let out my anger.

You always have the right to feel angry and to let out your anger. But it is important to let out your anger in ways that are safe and harmless, that do not hurt anything or anyone, including you.

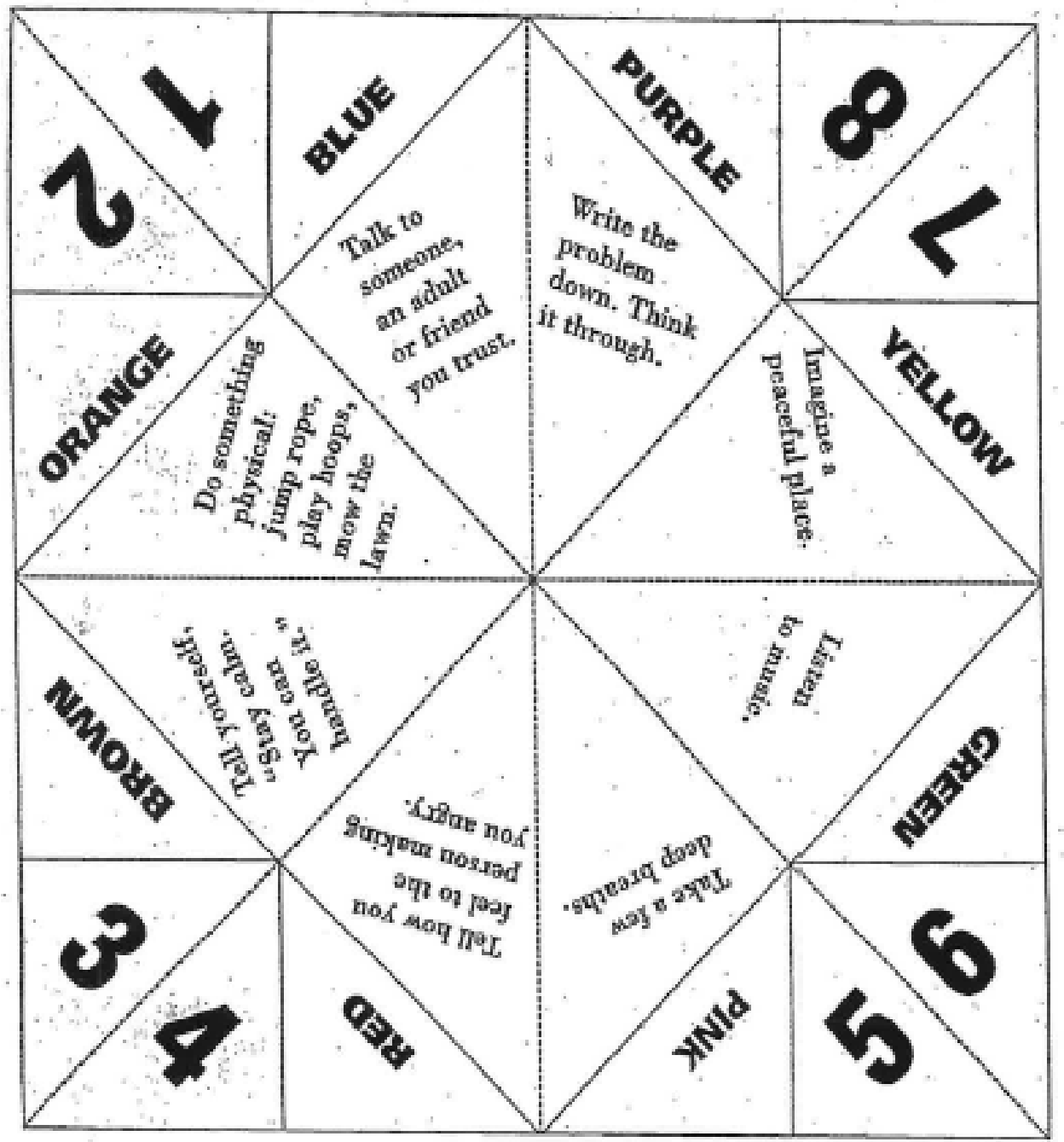
The children below are letting out anger in both safe and harmful ways. Color the GO light green if the picture shows a safe way to let out anger. Color the STOP light red if the picture shows a harmful way to let out anger.





17

STOP
GO
STOP
GO
STOP
GO
STOP
GO
SCHOOL
TRACK



the anger catcher

When you get angry and don't know what to do, ask the anger catcher.

1. Cut out the anger catcher.
2. Turn it face down.
3. Fold each corner into the center.
4. Turn it over and fold each corner into the center.
5. Fold it in half, with the numbers on the outside. Now, open and fold in half the other way.
6. Insert the thumb and first finger of each hand under the number flaps.
7. Close the anger catcher so only the numbers show.

To Use: Pick a number. Open and close the anger catcher this number of times. Pick a color. Spell out the color, opening and closing the anger catcher for each letter. (example: R-E-D—Open and close the anger catcher 3 times.) Pick a color. Open the color flap.

This is the way to handle your anger!

Use by yourself or to help a friend or someone in your family who is angry.

Step Back and Breathe: Lesson Plans for Teaching Anger Management to Children

Retrieved from http://www.angriesout.com/anger-management.pdf (3/17/2015)

Selected handouts provided by Child Developmental Specialist, Project B.A.S.I.C. website provides lessons and activities

Website: http://www.angriesout.com

- Got Mads?
- I Speak My Feelings When I Am Upset
- The To-Do to Get Over It List

Got Mads? A pledge to be in charge of my feelings

Got Mads?

We all get angry at times.

Angry feelings are part of being human.

Feelings are for learning.

Feelings have information for you.

Feelings can be expressed in safe ways.

It's what you do with your feelings that count.

Feeling helpless is a sign to
step back and breathe.

My pledge is to be in charge of my feelings:

Three things I can do instead of blowing up:

1. _____
2. _____
3. _____

Signed: _____

I Speak My Feelings When I Am Upset!

I Speak My Feelings when Upset!

I Say, "I feel _____,

when you _____.

The To-Do List to Get Over It!

Wrap new ideas around your mind.

Adopt new super hero tools to make yourself feel better.

Think before you act; not react before you think.
Breathe. Breathe. Breathing is good.

Check your grumpy feeling at the door. Any door will do.

Throw out old family ways of reacting that don't work.

Lighten up. Be of good cheer. You will get it.

Grow out of your temper.
You haven't needed it since you were little.

Forgive yourself for being a kid with unruly feelings.

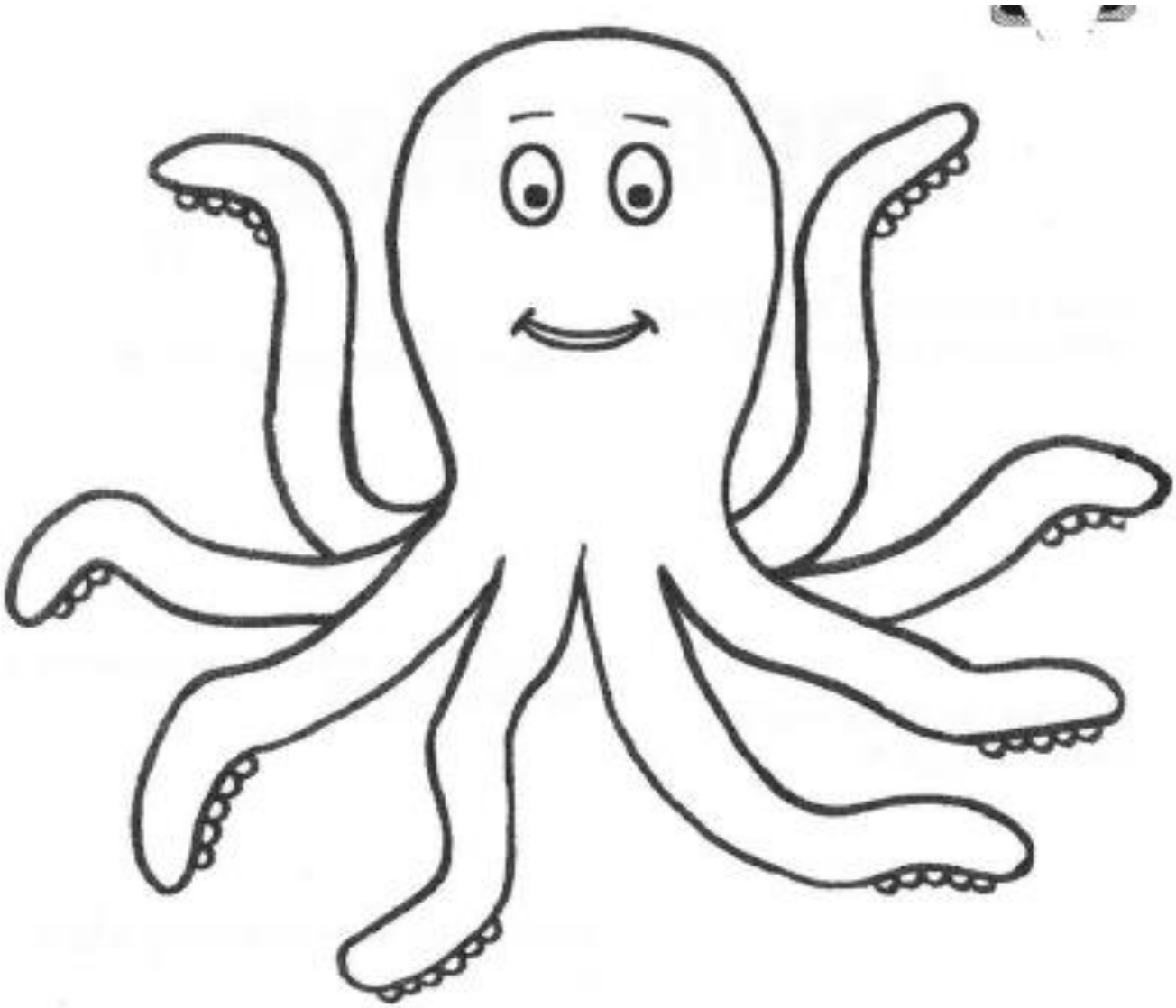
Don't give up. Keep trying. Learn from your slip ups.

Smile and be grateful for what you have.

You are a wonderful person with feelings
and that is a marvelous thing to be!

Being the Boss Octopus

Have children write different ways they can control their angry feeling in each of the octopus' legs.



"Being the boss of his angry feelings helped the octopus to make a new friend. Being calm helped him to see new possibilities. It helped him to think clearly."

What is Best for Me – Secret Message

Name _____ Date _____

SECRET MESSAGE

Find the Secret Message by using the code at the bottom of the page. When you have finished, put your paper in a place where it will remind you to do what the message says.

23 8 5 14 9 12 15 19 5 13 25

20 5 13 16 5 18 1 14 4 8 9 20

25 5 12 12 3 18 25 15 18

2 18 5 1 11

19 15 13 5 20 8 9 14 7

9 1 13 14 15 20 4 15 9 14 7

23 8 1 20 9 19 2 5 19 20

6 15 18 13 5

1 = A	6 = F	11 = K	16 = P	21 = U
2 = B	7 = G	12 = L	17 = Q	22 = V
3 = C	8 = H	13 = M	18 = R	23 = W
4 = D	9 = I	14 = N	19 = S	24 = X
5 = E	10 = J	15 = O	20 = T	25 = Y
				26 = Z

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Name Key Date

SECRET MESSAGE

Find the Secret Message by using the code at the bottom of the page. When you have finished, put your paper in a place where it will remind you to do what the message says.

W	h	e	n	I	l	o	s	e	m	y
23	8	5	14	9	12	15	19	5	13	25

t	e	m	p	e	r	a	n	d	h	i	t	,
20	5	13	16	5	18	1	14	4	8	9	20	

y	e	l	l	,	C	r	y	,	o	r
25	5	12	12	,	3	18	25	,	15	18

b	r	e	a	k
2	18	5	1	11

s	o	m	e	t	h	i	n	g
19	15	13	5	20	8	9	14	7

I	a	m	n	o	t	d	o	i	n	g
9	1	13	14	15	20	4	15	9	14	7

w	h	a	t	i	s	b	e	s	t
23	8	1	20	9	19	2	5	19	20

f	o	r	m	e
6	15	18	13	5

1 = A	6 = F	11 = K	16 = P	21 = U
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Don’t Be An Angry Bird Collection

Don't Be an Angry Bird!

Retrieved from: http://thehometeacher.org/2012/02/dont-be-an-angry-bird-lessons-on-anger-management-for-kids.html (3/16/2015)

The eyebrows say it all… this bird has the meanest glare in town! It is the perfect bird to model inappropriate facial expressions. Although this may seem like such a minor side effect of anger, most parents will understand when I say unruly behavior started with a certain look in a child's eyes.

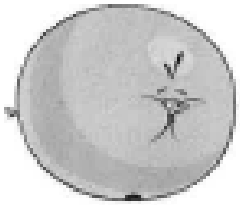
Just like this bird cuts through wood in the game, our mean words can cut through people's hearts. The old saying "Sticks and stones will break my bones, but words will never hurt me" is thrown out the window (in my opinion). We should speak to others the way we would want to be spoken to… tone of voice included. Yelling and screaming might not cut through my heart, but it definitely cuts through my ears!

Keep objects to yourself…throwing toys (or in the bird's case- bombs) is not an appropriate way of expressing your anger! Not only can your hurt somebody else physically- you are not showing respect to your property.

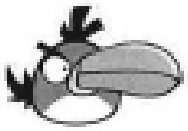
Sometimes anger can build and build inside of us until we just EXPLODE…just like the bomb bird. It is also known as the kicking, pounding on the floor, wailing, gnashing of teeth behavior that we refer to as a tantrum. Our kids need to learn that when they are angry, it is inappropriate to let their body explode.

Here are some of the APPROPRIATE strategies to help deal with anger. Teach your child the different strategies, and let them decide which work best for them.

- Go to the BIRDS NEST (aka bedroom or quiet place) until our body feels calm.



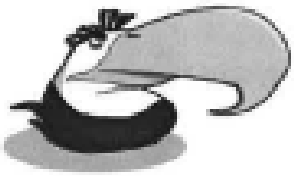
- Breathe, breathe, breathe! Deep breathing will deliver oxygen to our heart, brain, and the rest of our body. It will relax our bodies so we in turn can relax our mood. To illustrate this technique- have your child take long, deep breaths to fill their lungs up like the orange balloon bird. Then slowly breath our the air, and repeat as needed. We call this the BALLOON BIRD BREATHING.



- STOP and THINK. Think about the other person's feelings and the consequences of inappropriately expressing your anger. Have them think of the boomerang bird. Teach your kiddo that their choices will come back and affect them- just like that bird comes back. For example, if your child chooses to say mean things when she is angry, her friend might not want to play with her again. Her choice is coming back to her. Is that what she really wants? Another phrase I hear parents say to an angry child "How would you feel if someone said or did mean things to you?" Children need to understand that there are consequences for their behavior. I know this is still a difficult concept for little ones to grasp, but teach and model as best as you can. You may choose to focus on the BIRDS NEST and BALLOON BIRD BREATHING techniques at first.

What do you do if your little angry bird just isn't cooling down on their own?

It's times like this that the mighty Mommy Eagle swoops down, picks up the little angry bird, and puts her in piggy tower for a time out (which is currently against the wall).



When I am angry, I might use cutting words that are unkind.

What words can I say when I am angry?

thehometeacher.blogspot.com

When I am angry, I might look at others with angry eyes or a mean face.

What can I do with my face when I am angry?

thehometeacher.blogspot.com

thehometeacher.blogspot.com

Don't Be an

ANGRY BIRD

name

thehometeacher.blogspot.com

When I am angry, I might lose control of my body and hit or kick.

What should I do with my body when I get angry?

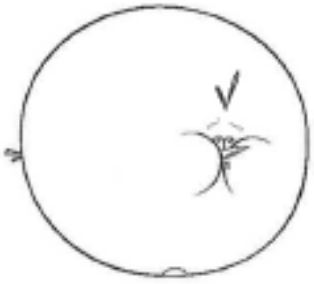
thehometeacher.blogspot.com

When I am angry, I might want to throw my toys or other things.

What should I do with objects when I am angry?

thehometeacher.blogspot.com

When I am angry, I CAN take deep breaths.



Why does deep breathing calm us down?

thehometeacher.blogspot.com

When I am angry, I CAN go somewhere to cool down.

Where can I go when I get angry?

thehometeacher.blogspot.com

Everyone has anger triggers, or things that make them angry.

What makes me angry?

thehometeacher.blogspot.com

When I am angry, I can point that energy in an appropriate direction.

Where can I redirect my anger?

thehometeacher.blogspot.com

When I am angry, I CAN stop and think about how my actions will affect me and those around me.

How does being an angry bird hurt myself and others?

thehometeacher.blogspot.com

When I am angry, I CAN ask for help to calm down. Sometimes an adult will help me if I can't calm down on my own.

Who are some people that can help me calm down when I am angry?

thehometeacher.blogspot.com

When someone has made me angry, I might freeze the anger inside me and treat them coldly.
I CAN forgive others and ıot feel anger towards them.

How can I forgive someone who has made me angry?

thehometeacher.blogspot.com

Remember, it is OK to feel angry.

Draw a picture of your favorite cool down strategy.

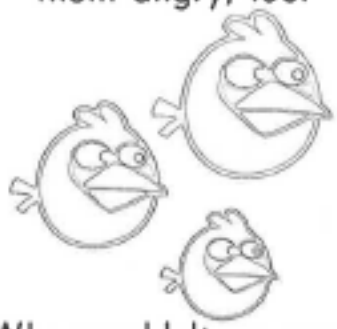
thehometeacher.blogspot.c

When I am angry, I might think it is OK to hurt or make fun of others.

How should I treat other people when I am angry?

thehometeacher.blogspot.com

My anger can spread to other people and make them angry, too.



Why wouldn't we want to spread our anger to other people?

thehometeacher.blogspot.com

Don't Be an

ANGRY BIRD

angry eyes

cutting words

throwing objects

body out of control

thehometeacher.blogspot.com

Don't Be an ANGRY BIRD

angry eyes

cutting words

throwing objects

body out of control

COOL DOWN STRATEGIES

birds nest

a quiet, calm place

balloon breathing

slow, deep breaths

warm your heart

A great way to let go of anger inside our hearts is to forgive the people that have made us angry.

boomerang bird

stop and think how your actions will affect yourself and others

mighty eagle

an adult that can step in to help

thebeeteacher.blogspot.com

COOL DOWN STRATEGIES

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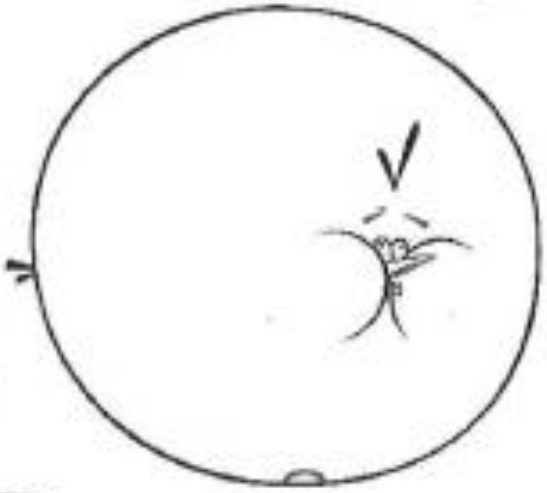

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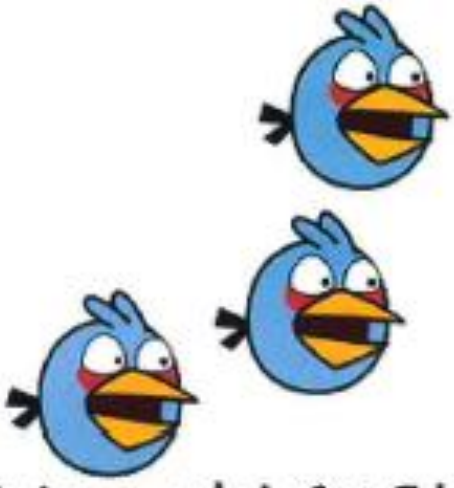
an adult that can step in to help

Don't Be an

ANGRY BIRD

DON'T BE A BULLY



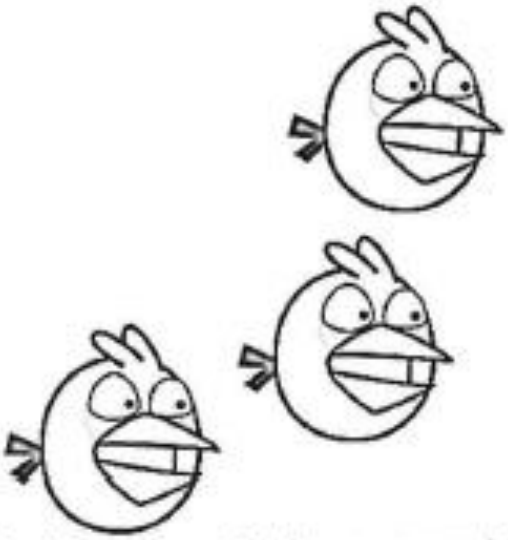
ANGER CAN SPREAD

DIRECT YOUR ANGER APPROPRIATELY

ANGER TRIGGERS

Don't Be an ANGRY BIRD

DON'T BE A BULLY



ANGER CAN SPREAD

DIRECT YOUR ANGER APPROPRIATELY

ANGER TRIGGERS

Lesson Plan: Bubbles and Impulse Control

Activity Name: Control Those Bubbles!	***Grade Level(s): PreK-3 (and beyond)***	***By: Marisa Dalton, Luttrell Elementary***
Brief Description: Using soap bubbles demonstrate how it is difficult to control our actions when we are excited		
Kindergarten Project B.A.S.I.C. Goal(s):	***Focus Area(s):***	
• To Develop Understanding of Rules & Expectations	• Self-control	
• To Understand and Express Feelings Appropriately	• How to express feelings appropriately	
1st Grade Project B.A.S.I.C. Goal(s):	**Focus Area(s):**	
• To Develop Understanding of Rules and Expectations	• Self-control	
• Learning to Express Feelings Appropriately	• Self-control	
• Learning to Make Choices and Decisions	• Basic problem solving skills • Facing new situations, failures and rejections	
• Develop Responsibility/Respect for Self and Others	• Taking responsibility for one's actions	
2nd Grade Project B.A.S.I.C. Goal(s):	**Focus Area(s):**	
• To Develop Understanding of Rules and Expectations	• Self-control	
• Develop Responsibility for One's Actions	• Take responsibility for one's actions • Understanding how choices impact self and others	
• Problem Solving Skills	• Increasing social skills – communication/choices • Using I-statements/choosing solutions/self-control • When to ask for help/develop solutions to problems	
3rd Grade Project B.A.S.I.C. Goal(s):	Focus Area(s):	
• To Develop Understanding of Rules and Agreements	• Making choices about one's behavior	
• Improving Problem Solving Skills	• Resisting peer pressure	
• Put Problem Solving into Action	• Games and activities to practice skills	

Materials:

- **Bubbles**
- **Wand or bubble gun that allows many bubbles to fly at one time**
- **Pipe cleaners one or two for each student**
- **When Tucker Turtle Gets Too Excited**

Lesson:

1. **Start blowing bubbles across the classroom, allow children to respond naturally to bubbles (giggling, catching, popping etc…) Once bubbles have stopped flying on initial bubble launch, wait to see if children "calm" down.**

2. **Tell children you are going to blow bubbles again, this time however you want them to ignore the bubbles and sit still and quiet (even if a bubble lands on them!)**
3. **Blow bubbles again.**
4. **Discuss with children how hard it was not to giggle, pop, laugh, talk or catch the bubbles. (select questions below that children can relate to)**
    - **Was it hard/easy?**
    - **Why did you want to play with the bubbles?**
    - **What are some other things that are hard to resist?**
    - **Define and talk about being impulsive**
    - **Can you control your behavior?**
    - **Is it hard not to be impulsive? Why?**
    - **What is self-control?**
5. **Read When Tucker Turtle Gets Too Excited…. And discuss what Tucker does to get "calmed down"**
6. **Discuss different ways to calm down when you get excited.**
7. **Make a pipe cleaner bubble wand and practice taking calming breaths.**

Lesson Plan: Being Responsible for Our Own Actions – When Sophie Gets Angry – Really, Really, Angry by Molly Bang

Kindergarten

Lesson __: Being responsible for own actions

- Read *When Sophie Gets Angry – Really, Really, Angry* by Molly Bang
- Discuss her actions in the book (we all have conflicts and what we do affects others)
- Emphasize we need to be responsible for what we say and do
- Activity – Shaker activity to visualize how it feels to be angry and then calm themselves down

We all get angry sometimes...begin by showing the students the cover of the book and ask them how they think the child is feeling. Ask throughout the book how they can tell Sophie is angry, how does her expression change? Then read the book to the children. Discuss the way Sophie handles her anger. Which ways are appropriate and which are inappropriate? Be sure to validate a variety of answers/opinions. Invite students to act it out as you read (depending on class), then ask, "Now doesn't that feel better?"

Sophie is a very angry girl who becomes explosive when her sister takes a toy from her. She expresses her anger by throwing a temper tantrum and then runs away. After she can run no more she does other things to handle anger like crying, enjoying nature, finding a quite place, and then returning home. The progression of the book gives many opportunities to ask students if they have ever done this when they were angry, and if it was the right or wrong thing to do. After the book is over, you can go over good and bad ways to handle anger.

Activity – SHAKER ACTIVITY
Allow each child to have a shaker and then read the story again. Have students use eggs filled with rice. As book is read have class shake the shakers to represent Sophie's anger. When she is really angry, shake them really loud and then as she calms, the shaking clams down as well. This gives a great visualization to students about how anger builds and then falls. Sing song with children (found on next page) if time allows.

Younger students will enjoy this song and drama extension:

What Would Sophie Do?

(sung to the tune of "If You're Happy and You Know It")

If you're angry and you know it, kick and scream.
If you're angry and you know it, kick and scream.
If you're angry and you know it,
Smash the world to smithereens.
If you're angry and you know it, kick and scream.

If you're angry and you know it, give a roar.
If you're angry and you know it, give a roar.
If you're angry and you know it,
Roar "red" more and more.
If you're angry and you know it, give a roar.

If you're angry and you know it, run and run.
If you're angry and you know it, run and run.
If you're angry and you know it,
Don't stop until you're done.
If you're angry and you know it, run and run.

If you're angry and you know it, cry and cry.
If you're angry and you know it, cry and cry.
If you're angry and you know it,
Find a tree and start to climb.
If you're angry and you know it, cry and cry.

If you're calm and you know it, climb back down.
If you're calm and you know it, climb back down.
If you're calm and you know it,
Climb back down and walk back home.
If you're calm and you know it, climb back down.

WHEN SOPHIE GETS ANGRY — REALLY, REALLY ANGRY...

BY MOLLY BANG

ANGRY IS...

Happy is...